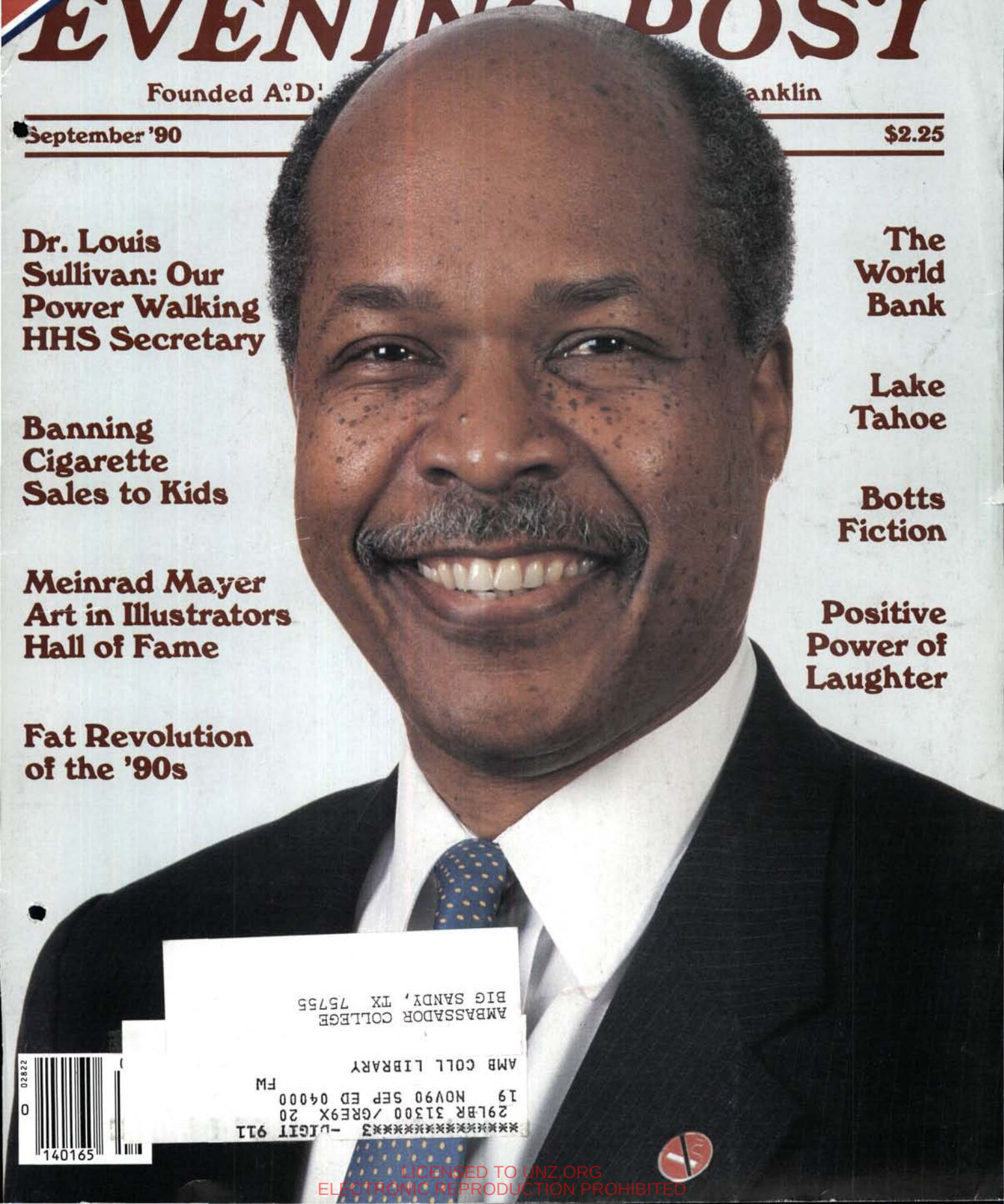
American Illustrators Hall of Fame

THE SATURDAY EVENING POST

Founded A.D. [illegible] anklin

September '90 $2.25



Dr. Louis Sullivan: Our Power Walking HHS Secretary

Banning Cigarette Sales to Kids

Meinrad Mayer Art in Illustrators Hall of Fame

Fat Revolution of the '90s

The World Bank

Lake Tahoe

Botts Fiction

Positive Power of Laughter

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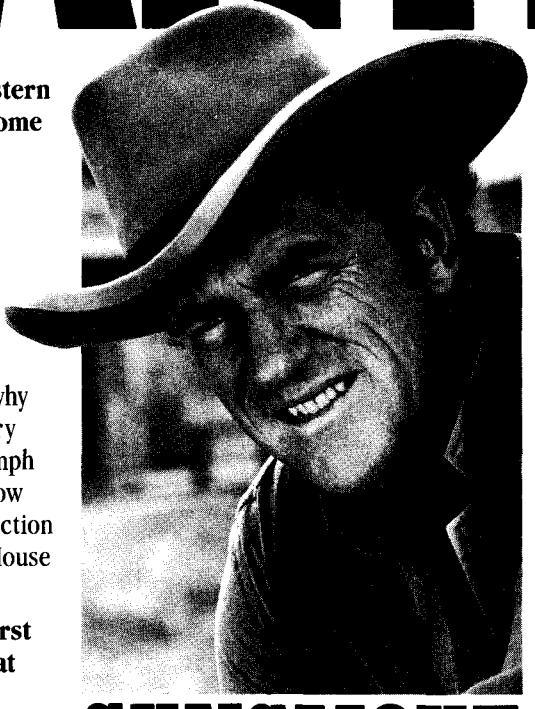

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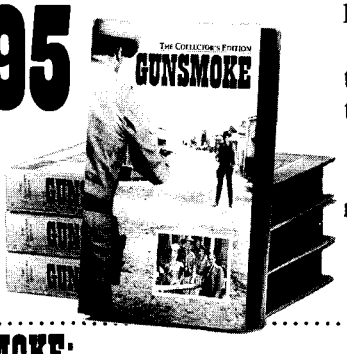

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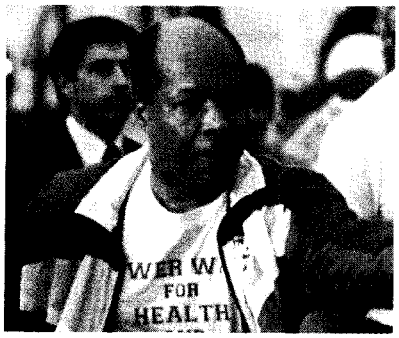

Dr. Louis Sullivan—our Secretary of Health and Human Services, offers an innovative approach to disease prevention. **42**

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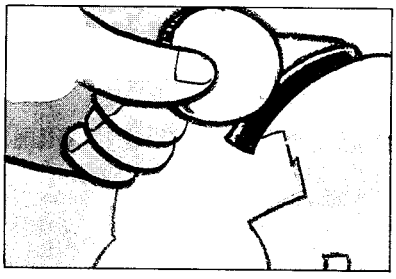

Annual Profits of $1 Billion—paint an optimistic future for the World Bank and its altruistic projects worldwide. **90**

THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover photo by Bill Fitz-Patrick)

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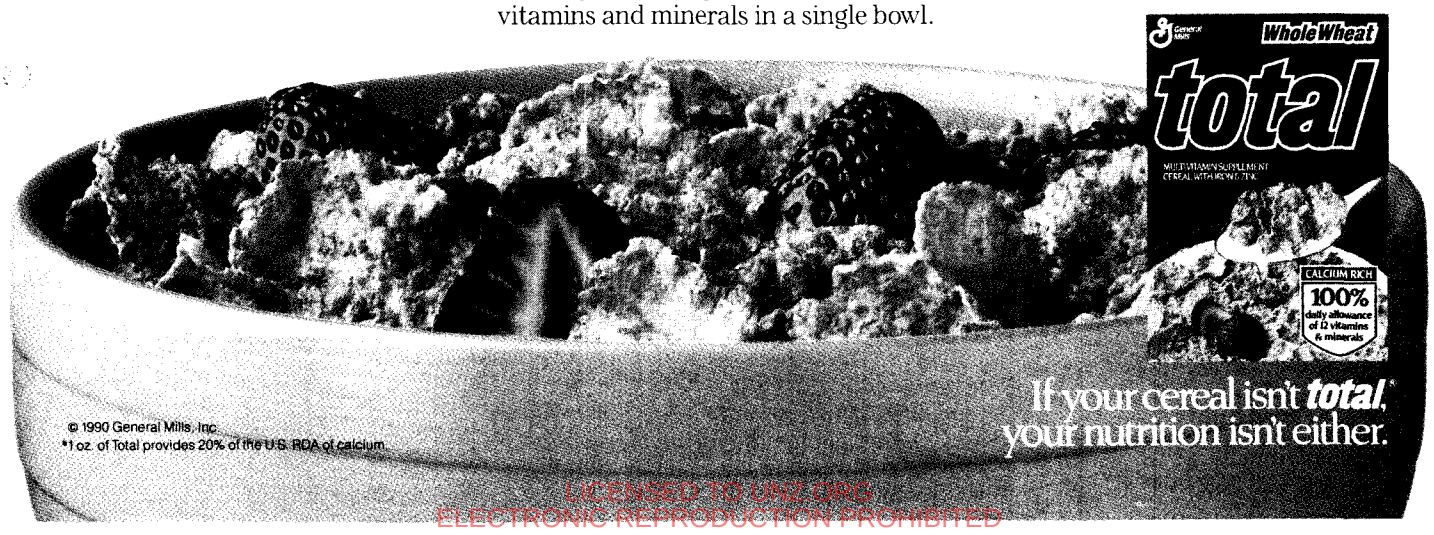

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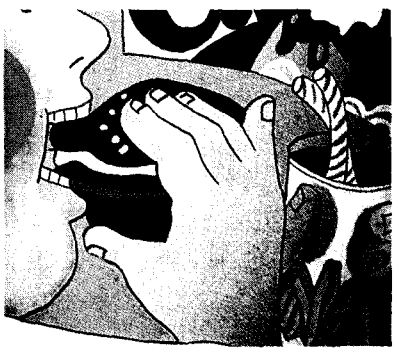
Beautiful Lake Tahoe—From the Ponderosa ranch to "alpine" slopes, it's one of America's most exciting destinations. **82**

Frank E. Peretti—His blockbuster novels have added an exciting new dimension to inspirational fiction. **88**



Our Love Affair with Fat—has gotten serious, and it's high time we Americans broke it off. **26**

Lowly Potato Highly Praised—for its high fiber, low fat and sodium, and several vitamins, as well as its potassium, iron, and niacin. **18**

Norman Cousins—will tickle your funny bone when he explains how belly laughs can become potent painkillers. **32**

Letters

Don't Worry, Be Happy

I enjoy your magazine. It has wonderful articles. Thought you would like to see the enclosed.

Clara Fuller
Montrose, California

Go placidly amid the noise and haste and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Keep interested in your own career, however humble; it is a real position in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is: many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially do not feign affections. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune, but do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be careful. Strive to be happy.

—found in St. John's Church, Baltimore (1792)

Editor's note: Thank you for sending us "Desiderata"—as it was named by its author. Incidentally, our literary

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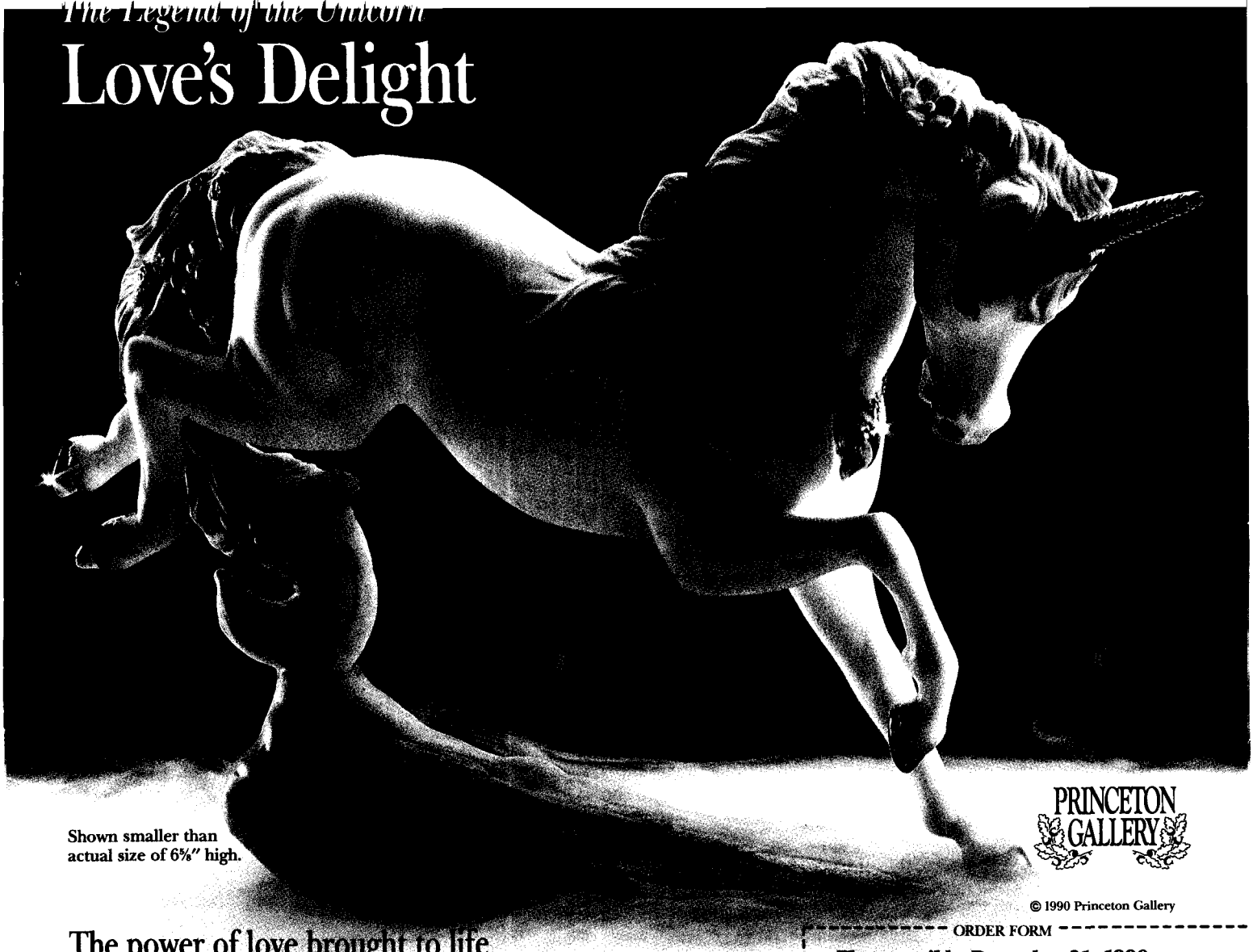
The Legend of the Unicorn

Love's Delight



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Princeton, New Jersey 08540

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beagles tell us this beautiful piece is believed to have originated with Max Ehrmann, who copyrighted it in 1927. It bears reprinting often.

Quitting the *Post*

I'm not renewing my subscription, and the main reason is because you don't advertise cigarettes. I worked for a cigarette company for almost 30 years, so cigarettes are my main living. Without the money I receive from making cigarettes, I wouldn't have any money—period.

Mrs. T. R. Anderson
Louisville, Kentucky

Editor's note: Many of those who spend time treating lung-cancer patients wish they could *be put out of work. If you get tired of causing lung cancer, come help us prevent it. The need is great and jobs are available.*

Post Graduate

Enclosed please find a picture of my grandfather, John William Ford, Jr., as a salesman for *The Saturday Evening Post*, and a copy of the contract hiring him as district agent for that publication dated February 16, 1914. My grandfather was only 14 at that time. My grandfather died in June of 1989 at the age of 89. I thought you might be interested in this picture.

Can you tell me the date of the magazine in the picture? Are issues that old still available?

Mary Beardall Hoffmann
Deland, Florida

Editor's note: Your grandfather is holding the April 12, 1913, issue of The Saturday Evening Post. *Please view our copy in the* Post *archives if you like. We haven't one of this issue to sell. Perhaps one of our readers has a copy and will write to let us know that it is available for you, or perhaps you could find one in an antique shop.*

The Last Waltz

I just read the delightful piece reprinted from a book by Mr. Robert Fulghum in your February 1990 issue.

I laughed and I cried because my husband and I danced for better than 50 years. Quoting from the article: "It takes about 40 years to dance with a partner this way. Such ease, such grace, with all kinds of little moves that have been perfected without words. . . . Their eyes meet from time to time, and you know that you're seeing a pretty happy marriage there on the floor. You'd have to love someone a long time to do what they're doing."

He is right on all counts, but my beloved was a blond, blue-eyed dancing fool, not a geek—I fit the gray-haired chubby wife part, I'm afraid. But we loved to dance. I always told him he would die on the dance floor. His answer: "Then I will die happy." So we are waltzing at friends' 50th wedding anniversary party. And in the second piece, he backs away from me with a very sweet smile—I grab for him and lay him on the dance floor, gone with a heart attack.

God has given me strength and

friends and relatives who have kept me going these past three years, and with our collection of records and tapes I waltz around the living room with a dream.

Memories are all I have but I thank God for them.

When I hear good music and see happy couples dancing, I get a very lonely feeling and my feet certainly want to get going—but I sit and watch and remember.

I will certainly add this article to my scrapbook of memories.

Thanks for the memories as well as the tears it brought, all part of the healing process.

Mrs. Roland Fall
Olin, Iowa

In a Stew over Alcohol

In recent issues of the *Post* you have published recipes using cooking alcohol as wine and have defended its use stating that all alcohol evaporates during cooking.

"He'll never wear out. He has no moving parts!"

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Katie's Bedtime Story

by Brigitte Deval

Shown smaller than actual size of 18" (standing).

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"Once Upon A Time..."

She's so grown up. And such a perfect mommy. Every night she reads a story to her little dolly. She cuddles her close - acting out each sentence with just the right expression.

You can tell she's quite intent on pleasing her audience. Just look at her big blue eyes and those pink pursed lips. (And if those flannel jammies with their little feet make you want to smile, go ahead!)

Katie's a wonderful little girl. She's also a true original - the creation of Brigitte Deval, one of the world's most eminent doll artists, whose works have been displayed in museums and in the windows of Tiffany's.

And she's everything you could wish for in a collector doll. Fine bisque porcelain, lovingly hand-painted. Cuddly flannel, carefully embroidered and hand-tailored. Complete with her own storybook and little rag doll friend. *Only* from the Georgetown Collection.

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Enclosed you will find a clipping which appeared originally in the *San Francisco Chronicle*. In light of this new evidence, what is the present stand of the *Post*?

Cynthia C. Wildes
Largo, Florida

The clipping follows:

Nothing in the world of food and wine, it seems, goes unchallenged these days.

The latest belief to get the ax is the assumption that cooking with wine and spirits is as innocent as cooking with apple juice since all the alcohol evaporates in the cooking process.

Not so, say the latest studies. The wine, liqueur, or spirits you add to a dish may leave from a trace to a pretty hefty shot of alcohol.

In a study financed by the U.S. Department of Agriculture, the husband and wife team of Evelyn A. Augustin of Washington State University and Dr. Jorg Augustin of the University of Idaho found that even in slow-cooking stews, a small amount of alcohol is retained.

They also found that flaming a dish does not literally burn off the alcohol.

In fact, a serving of cherries jubilee may be equal to imbibing a small glass of Grand Marnier or creme de menthe.

Recent emphasis on lighter cooking has brought about an increased use of alcoholic beverages as a flavor agent.

In the 1986 edition of the *American Heart Association Cookbook*, this hint appears: "The alcohol evaporates during cooking, leaving only the flavor and tenderizing qualities of the wine or spirits."

New research shows that from 5 percent to 85 percent of the alcohol is retained. Now, as Evelyn Augustin points out, 5 percent of the alcohol in a cup of burgundy used with a three-pound to four-pound piece of meat in Pot Roast Milano, one of the six recipes tested, adds up to a paltry two-tenths gram of alcohol per person if eight people share the dish.

But for a small segment of the public, such an amount can be harmful.

High on that list are recovering alcoholics for whom even a minuscule amount of alcohol could trigger a relapse, allergic people, and those taking medication that could be affected if combined with alcohol.

Editor's note: Professor Larry Steenson at Purdue University reviewed your article and concluded that in general there could be a "trace" or miniscule amount of alcohol in the finished dish after using cooking wine.

Cooked to 100 degrees centigrade (the boiling point of water), most of the alcohol will evaporate because the boiling point of ethanol (alcohol) is 75 degrees centigrade.

A small percentage of people may be especially sensitive to alcohol—alcoholics, allergics, and others. They should continue to exercise caution.

Dishes that call for liqueurs are higher in alcohol content. Flaming a dish actually burns off vapors, leaving a higher amount of alcohol. Incidentally, cooking wines are not potable.

Change of Face

I have subscribed to your magazine for at least 50 years and have had few complaints until the past few years when you featured (on covers) pictures of movie stars, people in the news media, people in high places, etc.—faces we see over and over again.

I don't throw your magazines into the garbage after I've read them. Right now I have magazines with pictures of Elizabeth Taylor (I like her, but I can see her face most anywhere); former Surgeon General Koop (his goatee seen often); Elizabeth Dole; Kirstie Alley; Deborah Norville; Sandi Patti; Julio Iglesias; etc. Who needs their faces on magazines I want to keep?

Why not use pictures of wildlife, outdoor scenery, or domesticated animals such as dogs or horses—after all, the human face and features can't measure up to them.

Nellie Davis
Puyallup, Washington

Not for Norville

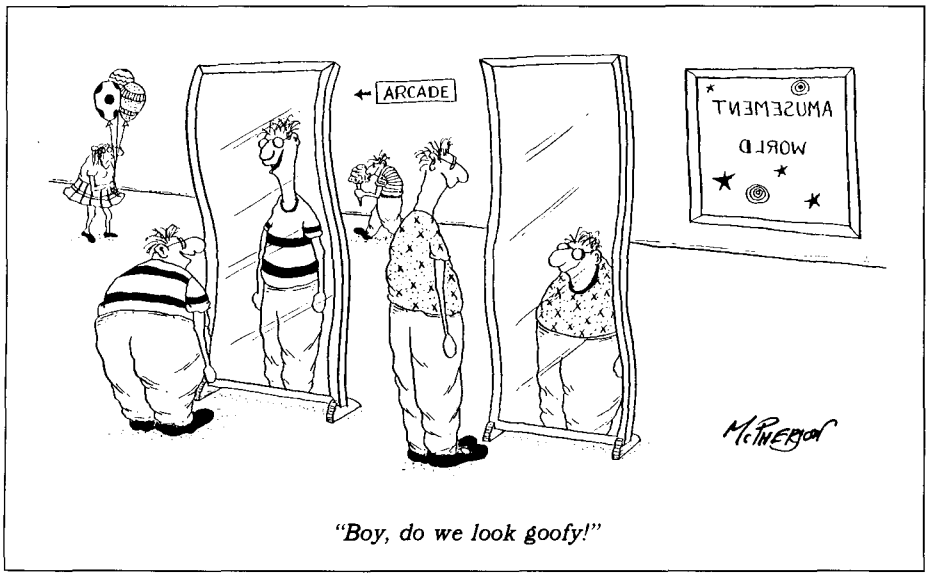
The first surprise was seeing D. Norville's face on the March '90 *SEP*. How undeserving can one get, and what a stab in the back to homegrown Jane Pauley your piece was.

Did Norville really (in her enormous ego) think she could start WWIII by interviewing a Soviet arms negotiator?

None of my family has watched "The Today Show" since our beloved Jane Pauley departed and will not do so again. I'm glad they're in third place and hope they just fade away.

We now watch "Good Morning America." Norville isn't *that* much younger than Jane, and she is certainly no better looking. It makes one wonder what she *really* had going for her—John Palmer certainly gave the news better and more believably.

As you can see, the uproar did not



"Boy, do we look goofy!"

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Finally,

a hearing aid that focuses on the things you want to hear.

Hearing a conversation over the sound of a party or the ocean is difficult with most hearing aids. That's because they amplify all sounds, including bothersome background noise. But not the Miracle-Ear® Clarifier™.

The Clarifier™. The hearing aid that automatically reduces background noise.

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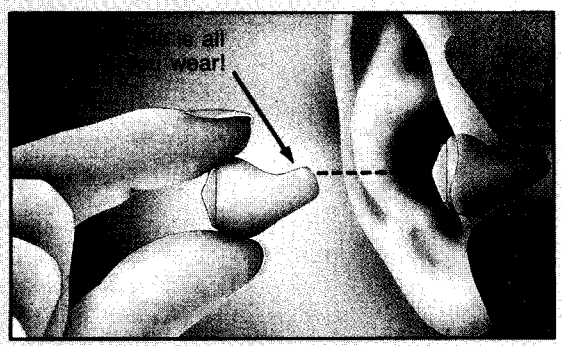

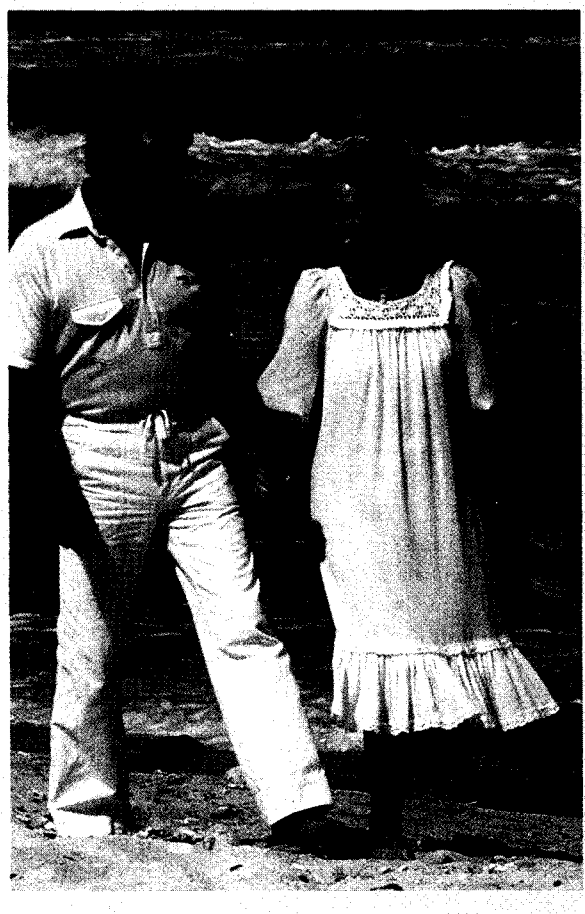

If you find yourself asking others to repeat themselves, or constantly turning up the TV — it's time to find out more. The Clarifier is available only from Miracle-Ear so send in the card for more information on this amazing hearing aid. For your FREE booklet mail the attached card or call

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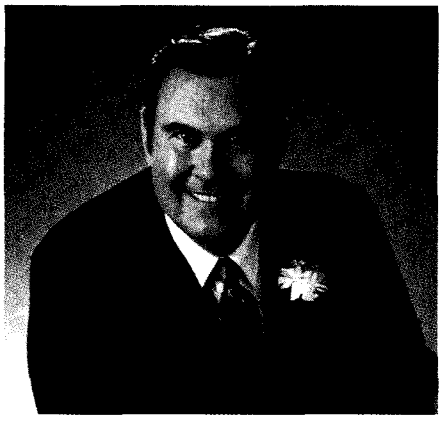
"quickly" die out. Jane Pauley was someone you could trust. Norville is not, and I'm glad we have a choice of *not* looking at her.



We do miss Willard Scott. Our family had been fans of "The Today Show" from the beginning.

Amanda Carpenter
address unknown

Big Band Backup

Received my March '90 issue. As a "Big Band" enthusiast, I turned to the Lionel Hampton story, then to the article by Steve Mannheimer.

This I must take issue with. Sinatra never sang with the Goodman Orchestra. He did record twice with Goodman and the All-Star Metronome Band.

Your pages on swing/jazz music were enjoyable, plus the pictures—great nostalgia. I lived two miles from "The Meadowbrook" and was able to see and hear them all—Dorseys, Miller, Benny Goodman, Hampton, Barnet, Gene Krupa, L. Clinton, Casa Loma Band, S. Kaye, Sam Donahue, Claude Thornhill, etc. Those were wonderful times.

Al Grey appeared recently in West Palm Beach, the Count Basie Orchestra will be in person here in Vero Beach, and recently the touring "Artie Shaw Orchestra" played here. So the music is still playing; we just have to follow it.

Hope to see and read more of these "Big Band" stories.

Fred Maute
Vero Beach, Florida

Rice Bran

Your articles in the *Post* have been such a help to my health. I especially appreciate the information about lysine. I no longer have cold sores. Also I am now taking Slow-Mag, and it is helping my problem with extra systoles. In appreciation for all the rewards I have received from your articles, I would like to tell those who are allergic to wheat to write for rice recipes to: Rice Council of America, P.O. Box 22802, Houston, TX 77027.

Enclose a self-addressed legal-size envelope. I have enjoyed their recipe for rice muffins for years.

Recipe for Rice Council muffins:

Rice Flour Muffins
(Makes 12 muffins)

2 cups sifted rice flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
2 tablespoons sugar
2 eggs, beaten
1 cup buttermilk
1/4 cup water
1/4 cup butter or margarine, melted

Mix and sift dry ingredients. Combine eggs, milk, water, and margarine, and stir into dry ingredients. Fill greased muffin tins 3/4 full and bake at 425° F. 20 minutes.

Vida C. Ventsam
Kennewick, Washington

Quick Question on Slow-Mag

I really do enjoy *The Saturday Evening Post*. It is read cover to cover!

My husband has had "cold sores" from time to time on his lips, and L-lysine has helped tremendously. If it weren't for your fine articles in the *SEP*, we would never have heard about L-lysine.

I now have a question about Slow-Mag. We used it a few years ago and I found that I did sleep through the night better. I just recently received another bottle of Slow-Mag, and upon reading the label, I see that it has calcium carbonate in it. My question is this: Will taking Slow-Mag conflict with my taking Tagamet (cimetidine)?

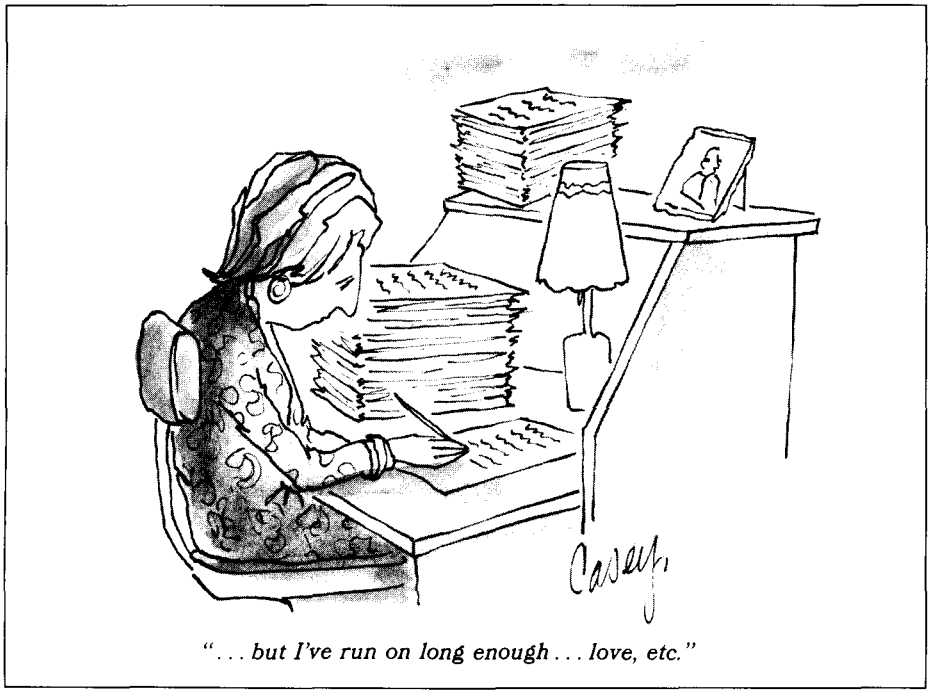
P.S. Oh, yes, the letter in the March '90 "Medical Mailbox" about dust mites and asthma was very good. We have recently learned about dust mites from a book written by a Dr. Alfred V. Zamm, *Why Your House May Endanger Your Health*. In the book there is information about house dust and dust mites and their dangers.

David Scharf

A dust mite enlarged about 200 times.

Mary Ford
St. Mary's, Georgia

Editor's note: Thank you for your letter. According to the 1990 Physician's Desk Reference, *there is no precaution against using Slow-Mag during Tagamet therapy.*



". . . but I've run on long enough . . . love, etc."

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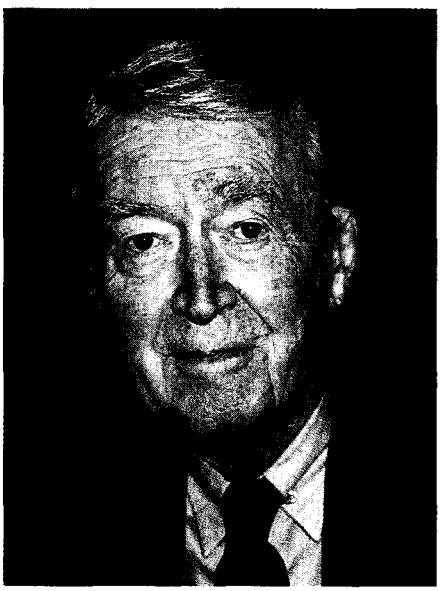
Post People

Although ***Candice Bergen*** has starred in a string of big-screen hits, not until her Emmy-winning role in "Murphy Brown" was her fame brought into focus. In only its second season, "Brown" (on Monday nights) is now CBS' third-most-wanted show.

After putting in long hours on the set, off the set the 44-year-old daughter of Edgar Bergen and his wife, Frances, puts in still more hours tub-thumping to give the hit show an even higher rating.

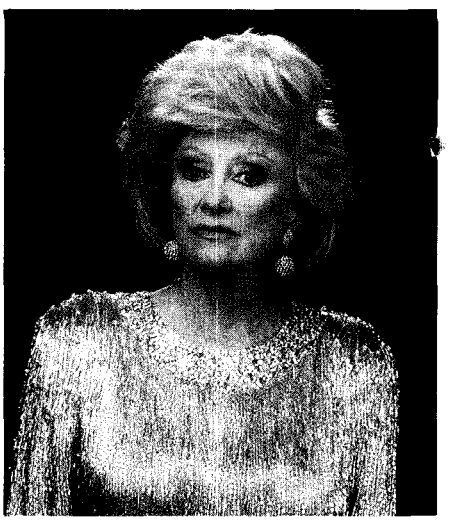
To all of which she says, "I'm pooped. What I find is that I read an overload level. This has been like an intense aerobic session for my brain cells, and I don't have many left."

Jimmy Stewart, 82 and counting, says, "Ever since [my 80th birthday] I've said to myself, 'Well, let 'em come.' They seem to be coming very fast."



Not to worry, however. His father lived to be 88, his grandfather 87. And he, apparently determined to wear out rather than rust out, is not calling 70 films over the last 60 years a career. Yes, that was he appearing recently at Radio City Music Hall. *Jimmy Stewart and His Poems* has sold more than 335,000 hardback copies, due partly to his tireless autographing schedule. He has just taped an introduction for the video release of *Harvey*. And although his last box-office film, *The Magic of Lassie*, was in 1978, he's still looking for scripts. "At my age, good ones are hard to come by," he says.

And why does the lanky 6'3", 147-pound actor swim every day? "To keep the belly down," he says. What an actor!



So what's eating ***Phyllis Diller*** these days? Whatever it is, much of it may well be in her own restaurants. Yes, the comedienne with the waffle-iron hairdo is cooking up a new restaurant-theater business to "provide people away from home with something healthful and very different," she says.

The 73-year-old stage star, known for her well-founded jokes about plastic surgery, plans to open her theater next year, probably in the Tampa Bay-St. Petersburg-Clearwater area.

"Alfred Lunt and Helen Hayes have theaters in New York named after them, and there was the Burt Reynolds Theater [now Jupiter Theater] in Florida," she says. "I thought it would be nice to have my name on one."

John Walsh, as readers of the April '90 *Post* already know, is the father of a murdered boy, and he says of that tragic occurrence, "Look, I was victimized once and my heart was broken. I believe that you take a stand and fight back, not as a vigilante but through the system."

More than 100 criminals have been nabbed in under two years, including seven of the FBI's Ten Most Wanted, as a result of Fox's crime-fighting show, "America's Most Wanted," starring John Walsh.

At a ceremony praising Walsh for his contribution to victims of crime, President Bush said, "John's video version of the old post office 'WANTED' poster has received national exposure, and the results speak for themselves."

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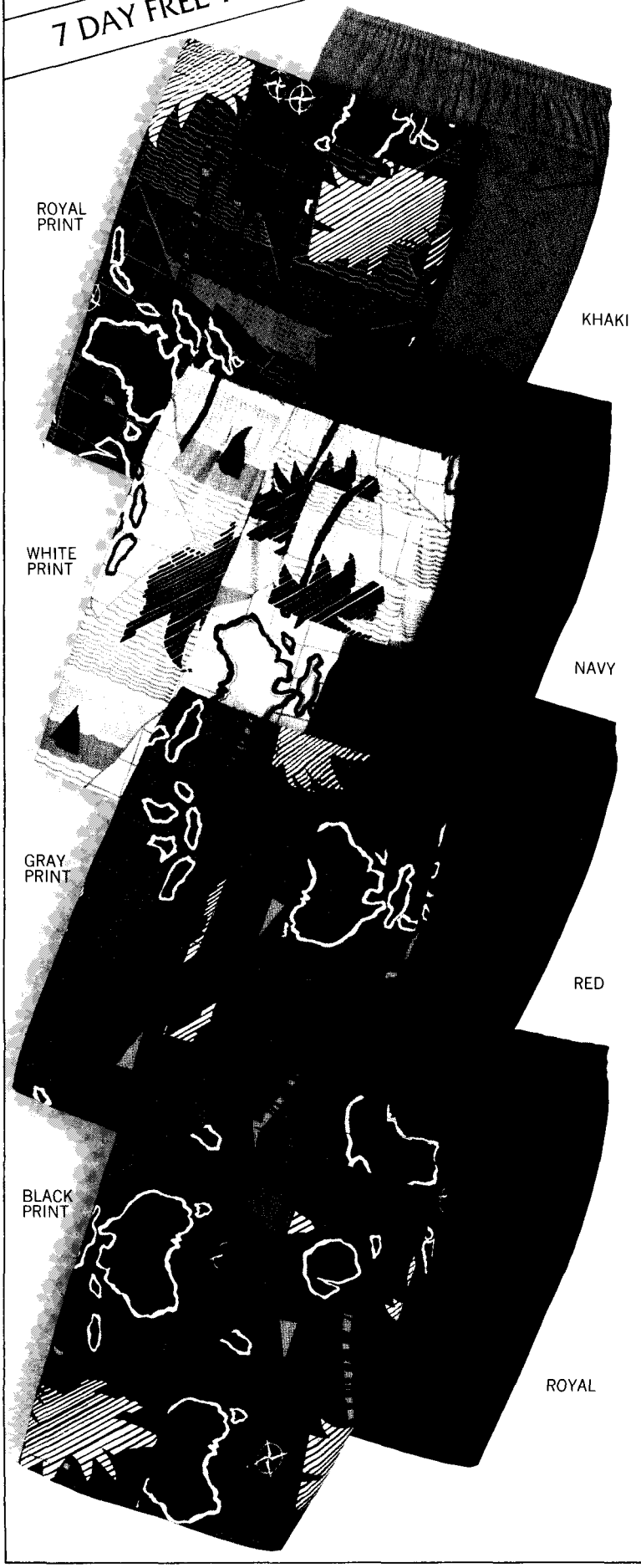

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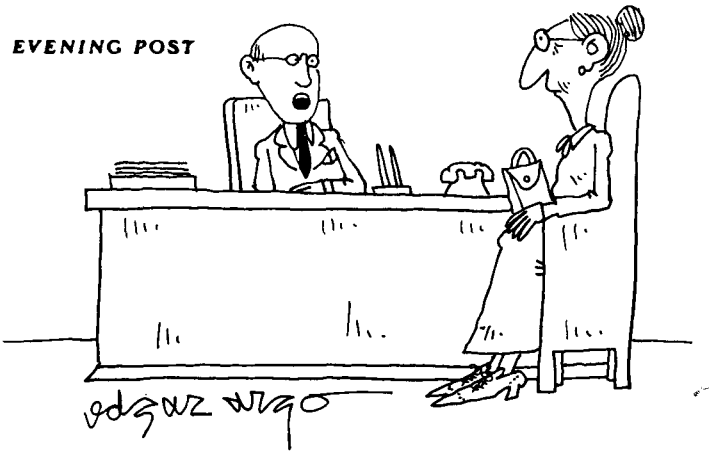
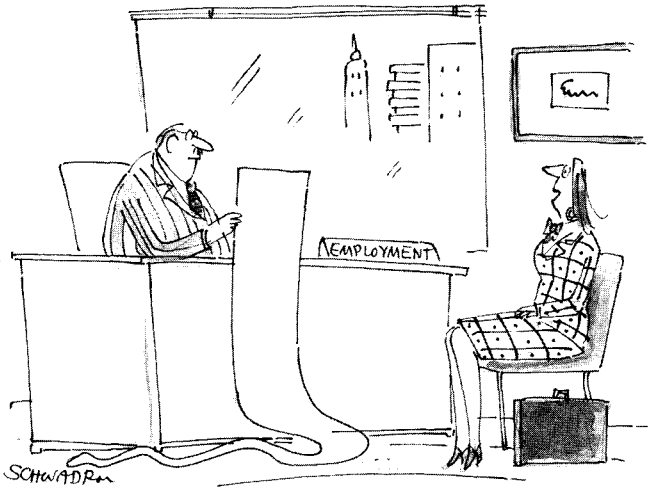
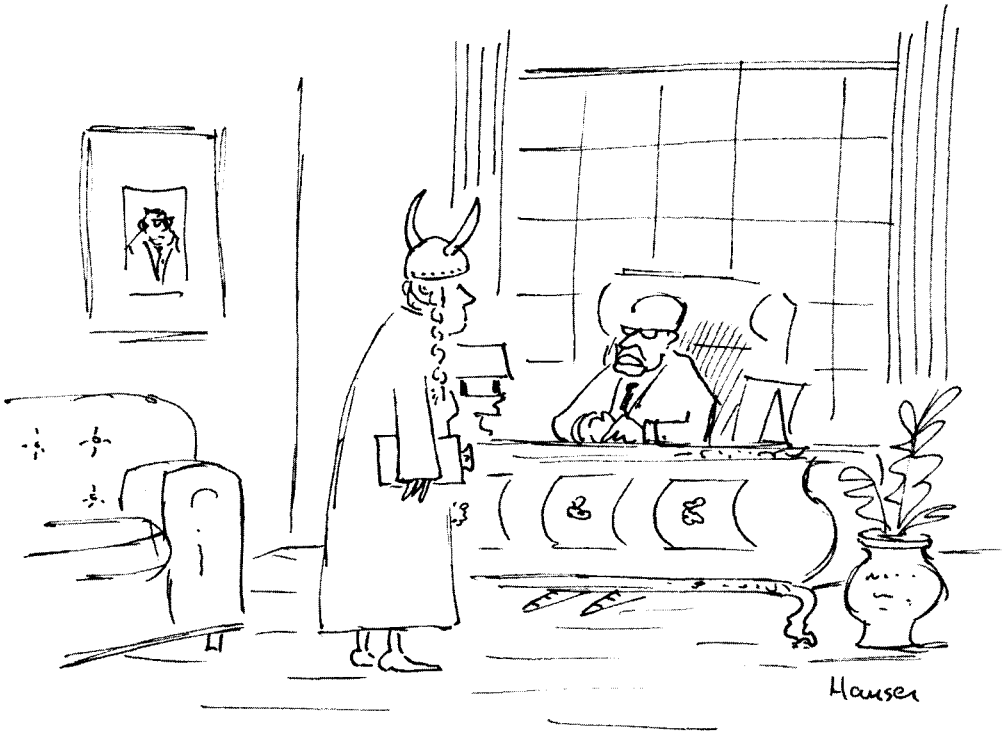


"You'll start work on Monday, Miss Finley. . . . And please, no blue jeans or halter tops."

"First impressions are very important during an interview, Ms. Crawford, but frankly, I don't think Cher was your best possible choice."



"I know it seems like a long resume. I was fired and rehired 50 times while working for George Steinbrenner."



"I realize you need to wear a lot of hats on this job, Miss Grimble—I just don't think that's one of them."

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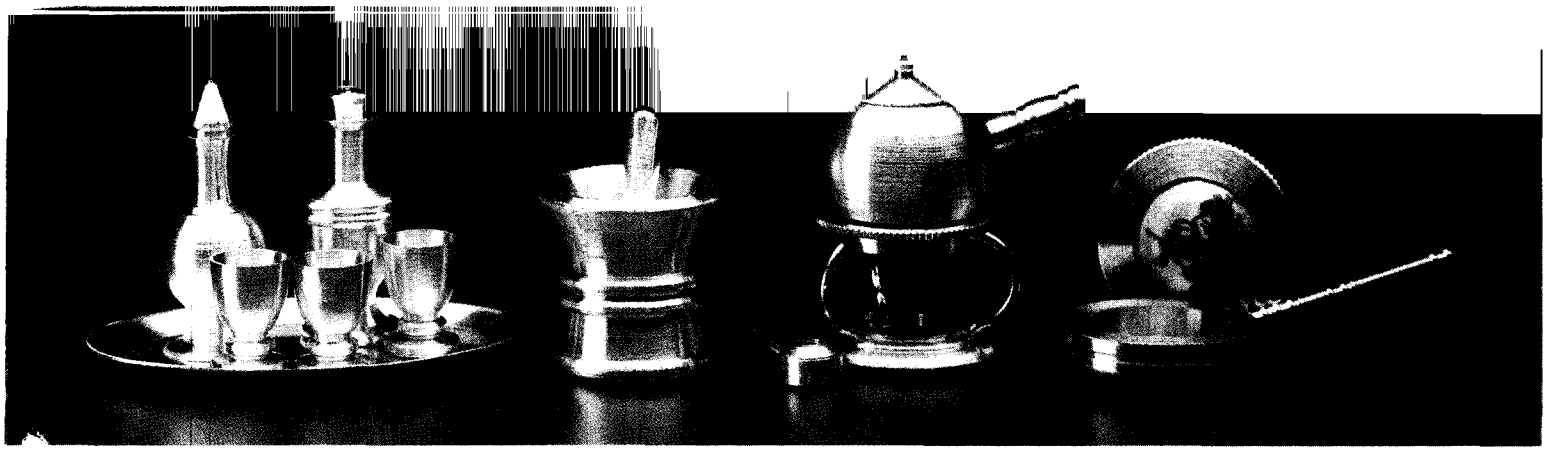

Recapture a time of beauty and grace with European-crafted solid brass miniatures!

It was a time of hourglasses and kerosene lamps...of wood stoves and hand-cranked phonographs...of bedwarmers and coal scuttles — household objects that were as beautiful as they were functional.

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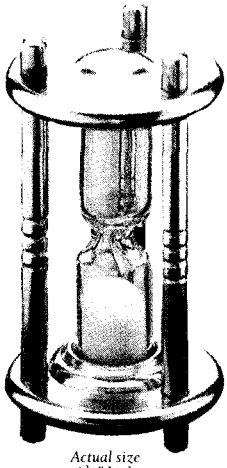

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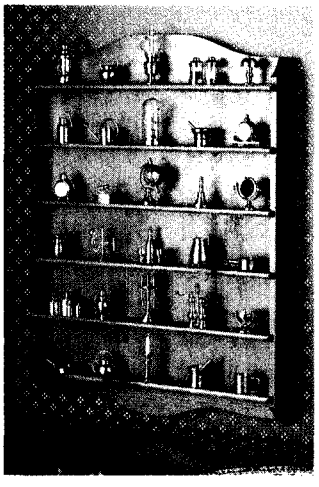

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THE MITCHELL MISSIONARIES OF LYSINE CORN

Inspired by a Post *article, a compassionate Indiana couple is cutting protein-deficiency deaths in Third World countries.*

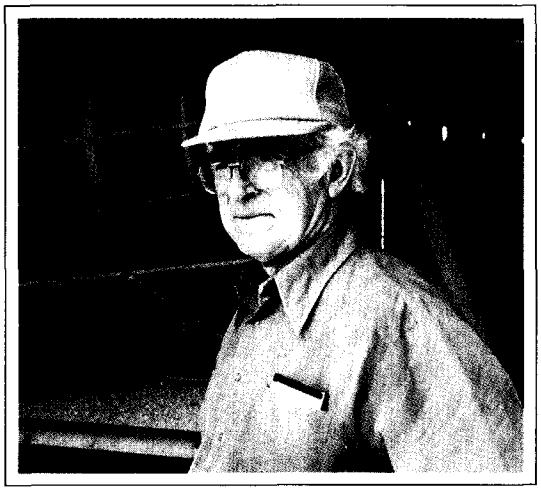
by Connie Cass

Before Hollace and Ila Sherwood, retired schoolteachers, read the March 1985 edition of *The Saturday Evening Post*, they had never held a starving child or stood on the dirt floor of a Honduran church.

But the magazine's photographs of Ethiopian children dying from lack of protein inspired them to plant a special type of corn to save lives in the Third World.

Since then, they have twice traveled hundreds of miles from the rolling hills and sycamore trees of their Mitchell, Indiana, farm to make sure the food got to the children who needed it.

"We saw that article and we said, 'We've got to do something about it,' " Ila Sherwood said. "Hollace knew how to grow that corn. He said he didn't know why we couldn't do something."



The *Post* planted the idea; Hollace Sherwood and his wife planted the corn for starving children.

The article described Purdue University research which showed that a type of corn developed by the school could prevent kwashiorkor, a fatal disease caused by protein deficiency. The corn is high in the amino acid lysine, which the body needs as a protein building block.

Although adults can survive protein deficiencies, children must have protein for growth and to build muscle and brain cells.

Ila Sherwood remembers their trip to Haiti two years ago, when an American missionary handed her a baby girl wearing a handmade yellow dress.

"Under that pretty dress I felt her stomach sticking out. That really got to me," Ila Sherwood said. "That was the first time I held a starving child."

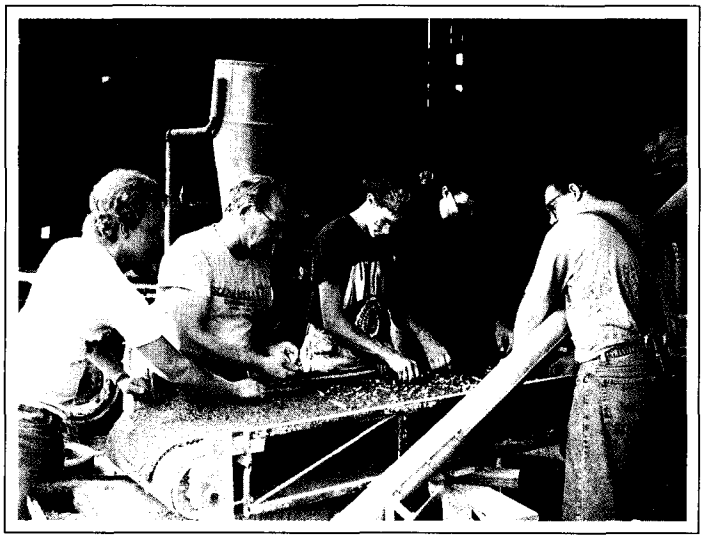
Protein deficiency allows fluid to seep into body tissue, causing bloating of the stomach while the arms remain spindly. The children lose their appetites and become susceptible to measles, cholera, and infections.

"The research shows a little bit of high-lysine corn would stop this," Ila Sherwood said. "A child could live on high-lysine corn alone if he got about three-fourths of a pound a day."

High-lysine corn is rarely available, however. It comes from a special seed and usually is grown in the United States only as hog or chicken feed, although the cornmeal is available in some health food stores at an inflated price.

Determined to help the fragile children they saw in the photographs, the Sherwoods wrote the *Post* with an offer. They would plant ten acres of high-lysine corn if the magazine would ensure that it was delivered to hungry children.

The *Post* put the Sherwoods in touch with the David Livingstone Foundation in Tulsa, Oklahoma. The nonprofit foundation told the Sherwoods there were political and logistical problems with getting food into Ethiopa. Instead, it arranged for the Sherwoods' first 1,200 bags of high-lysine corn to go to earthquake victims in Mexico City.



Volunteers sort out the burrs while church groups raise money for seed and bags. More than a half million pounds have been shipped.

"We told them that we didn't care where [the corn] went, as long as it went to hungry children," Hollace Sherwood said.

Now the Sherwoods, both 66, plant 100 acres of high-lysine corn each year and ask for volunteers to help bag it for transportation. A handful of church organizations have shipped almost 11,000 60-pound bags of corn to Honduras, Guatemala, Haiti, and most recently Rumania.

The Sherwoods' own church, the Bryantsville

continued on page 72

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Announcing...a better way to learn how to

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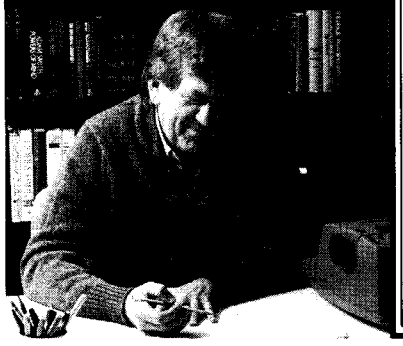

A "New" Way to Learn

An important feature of any writing program designed for today's adult is flexibility – not one tied to a classroom, but a program that fits *his* schedule.

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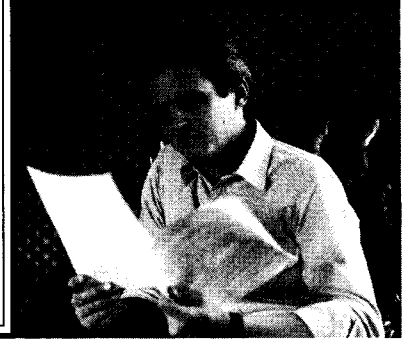

IF YOU WANT TO WRITE LIKE A real professional, begin at the beginning. Start with the basic building blocks used by successful writers – no matter what their specialties may be – and once you master these basics, you can write for any market that interests you.

You've already seen enough, known enough people, experienced enough relationships and accumulated enough facts, special knowledge and wisdom to fill a five-foot shelf.

But what you may not have in equal depth is the professional training and techniques you need to get it all down on paper and put it across to the editors and publishers who decide what will appear in print.

Where does a beginner turn for help?

Most aspiring writers "go it alone" – not because they prefer to struggle in isolation, but because they don't know where to turn for help, or because the only help available is in a seminar, classroom, or lecture hall. They need personal, individual attention – not stiff competition from their classmates for the few minutes an instructor has available for questions. There *had* to be a better way to learn!

The challenge was taken up by a group of writers and editors whose inspired coaching over the last 20 years has produced hundreds of published writers. The program they developed, *Breaking into Print,*™ combines two basic forms of creative writing: articles and short stories. Virtually every piece of writing in the English language that you admire was created with these same basic building blocks.

Your coach works with you one-on-one

To be a good writer, you need a winning coach. If you qualify for *Breaking into Print,* your coach will be a pro – a widely published author of short stories, books and articles or an experienced editor. His one-on-one coaching will help you develop your strengths, overcome your weaknesses, and guide you through the tough spots.

You progress at your own pace, on your schedule. Your personal writing coach fits his schedule to yours: he's always there, ready to work when you are.

These master writers and editors know how to teach and how to coach aspiring writers to bring their writing up to publication standards. They also know that getting published demands accurate knowledge of specific markets – as well as solid writing tailored to editorial requirements.

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For these reasons, *Breaking into Print* not only teaches you how to write articles and short stories – it also guides you to your strongest form of writing, the writing niche that's best for *you.*

But it doesn't end there. Your coach will stick with you after you find your niche and show you how to market your finished work to that segment of the market. You're a team: he's a winning coach training you to become a winning writer.

This one-on-one teaming of a beginner with a skillful mentor offers you a quality and intensity of training in writing and in *marketing* your writing that we have not found in any school, college or university anywhere!

You must qualify for the team

But first you must qualify for the team. You must demonstrate the necessary potential and the capacity to accept constructive criticism from your coach, learn from it, and turn it into a winning performance. If you have the aptitude and the maturity to qualify, and if you decide to enroll, you'll get our commitment in writing:

Your personal coach will teach you how to –

1. *Write articles and short stories, the building blocks of all good writing;*
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The building blocks of success

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While many institutions offer classes and courses in writing, *Breaking into Print* is a unique program that pairs you up with a skillful coach who teaches you how to write, helps you to find your writing niche – then shows you *how to sell what you write!*

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FOOD

A PASSION FOR POTATOES

Concerned about calories? Potatoes are the perfect companion to a low-fat diet.

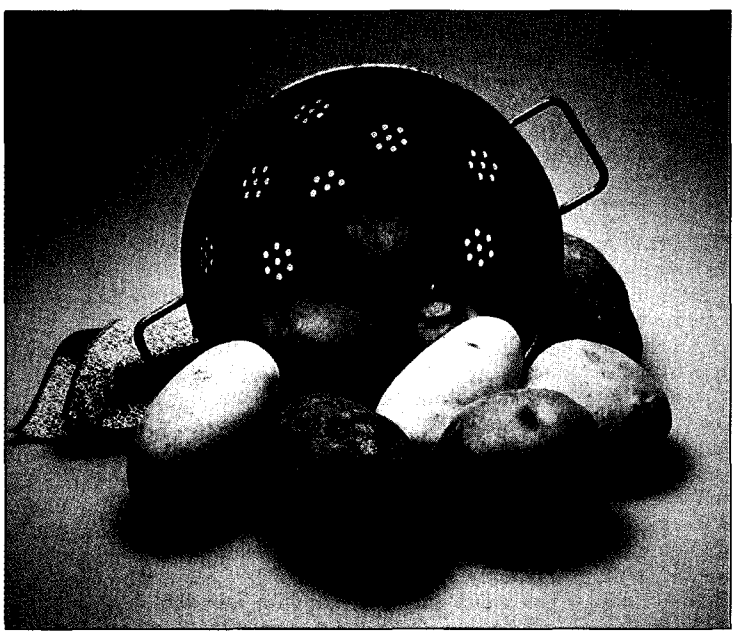
by Patrick Perry

Pasta brunches and power lunches, quiche Lorraine and salad romaine, oat-bran breads and salmon spreads—what's chic one season quickly sours the next. Americans crave change. And nowhere is this appetite for diversity more apparent than in our food fashions.

"Familiarity breeds contempt. . . ." Not always. There's something comforting about a recognizable and reliable food at mealtime.

Like a potato, perhaps.

Although the lowly potato has been content to occupy reserved seating in the corner of most American dinner plates, it is rapidly regaining favor with the trendy and the fit, with very good reason.



Red, white, and even blue—nothing beats the versatile, hardworking potato for variety, economy, and ease of preparation.

Nutritionally, potatoes are the darlings of today's high-fiber, low-fat weight-loss plans. The ordinary potato contains only 116 calories, says the United States Department of Agriculture. It has no cholesterol, little fat and sodium, and plenty of vitamins B, C, and K—as well as significant amounts of potassium, iron, and niacin. For the athlete, it is a prime source of complex carbohydrates, the body's best source of fuel.

No wonder the potato is the most widely used vegetable in the world: the USDA says per capita consumption in American households was more than 124 pounds in 1989. One in every three meals Americans eat out includes potatoes—nudging the trendy tuber from side dish to main dish in restaurants across the country.

Among the hundreds of varieties of potatoes, two basic categories stand out: the waxy and the floury. Low in starch and firm after cooking, waxy potatoes are best steamed or boiled for use in your favorite potato salad or sauté recipes.

Floury potatoes, on the other hand, are starchier, with a fluffy texture when cooked. The superstar of the American floury potatoes is the Russet Burbank, grown in Idaho's volcanic soil. Use floury potatoes for baking, mashing, oven frying, and gratins.

Let's not forget the new potato. New potatoes come in two varieties: red skinned and brown skinned. A few tiny new potatoes, simply cooked in their skins and topped with pats of margarine or a butter substitute and seasoned with fresh minced parsley, make a simple and perfect delicacy.

Buy unblemished potatoes. Skip spuds that are cracked, flabby, bruised, or mottled with green. A greenish potato will usually taste bitter; it can make you ill if you eat it. Cut out the green portions with a paring knife, or toss the potato and select another.

Store potatoes in a coolish (45-50° F.), dark, dry place. Never refrigerate potatoes—colder temperatures make potatoes sweet. Warmer temperatures will make them sprout and wither.

Spuds are also infinitely versatile, and the curious chef will discover endless taste possibilities. Remember that potatoes never need be a no-no for the calorie or cholesterol conscious. Just apply heart-wise good sense to spud cookery. Use low-fat yogurt, mustard, and low-fat cheese instead of high-fat ingredients. Butter substitutes and seasonings offer a new array of tasteful alternatives to the high-fat toppings that mask the flavor of the simply delicious potato.

Perfect Garlic Mashed Potatoes

(Makes 4 servings)

1 1/3 pounds (4 medium) potatoes
1 cup low-fat milk
2 tablespoons margarine
3 cloves garlic, minced
Salt and pepper, to taste
Chopped parsley, for garnish

In microwave oven, cook potatoes at High 13 minutes. Halve potatoes lengthwise; scoop out pulp into medium microwave-safe bowl. Mash potatoes with potato masher, or beat with electric hand mixer; set aside. Place milk, margarine, and garlic in small microwave-safe bowl. Microwave at High 2 minutes. Thoroughly mix into potato pulp. If necessary, add milk to reach creamier consistency. Season

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Super spuds in a snap, Perfect Garlic Mashed Potatoes are a tasty twist on a mealtime staple.

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with salt and pepper. Cook in microwave at High 1 minute. Serve immediately; sprinkle with parsley.

Hot Potato Stir-fry
(Makes 4 servings)

2 tablespoons soy sauce
1 tablespoon each *cornstarch and dry sherry*
1 pound skinned and boned chicken breasts, cut into strips 1/3" thick
2 tablespoons oil
1 large onion, thinly sliced
2 cloves garlic, minced
3/4 teaspoon ground ginger
2 medium potatoes (2/3 pound), peeled, cut into 1/2" cubes, parboiled until just tender, and drained
1/4 cup chicken broth or water
2 firm tomatoes, cut into eighths

In bowl combine soy sauce, cornstarch, and sherry. Add chicken; toss. Heat oil over high heat in large wok or skillet. Add onion, garlic, and ginger. Stir-fry 4 minutes. Add potatoes; stir-fry until lightly browned. Add chicken; stir-fry until opaque. Stir in broth. Cover and cook 2 minutes over medium heat. Stir in tomatoes; heat through.

Roots and Tubers Soup
(Makes 8-10 servings)

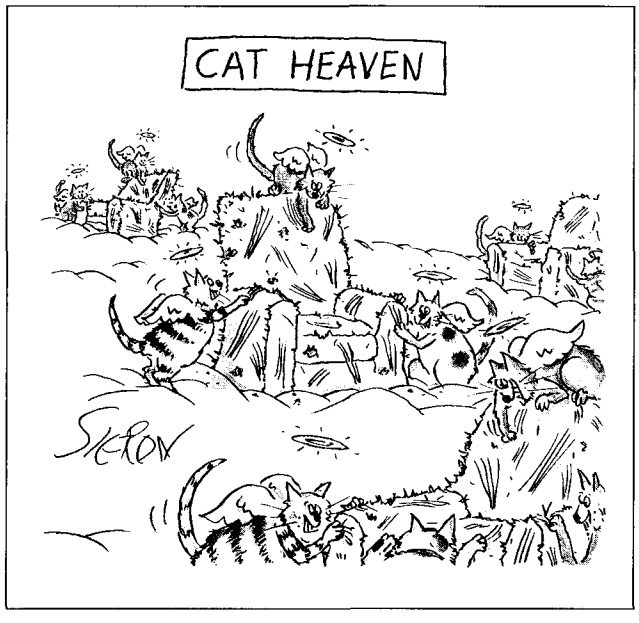
8 cups chicken broth or bouillon
1 can (14 1/2 oz.) stewed tomatoes
1 can (6 oz.) tomato paste
1 medium onion, chopped
1 carrot, sliced
1 small turnip, peeled and cubed
1 small rutabaga, peeled and cubed
1 parsnip, peeled and sliced
2 stalks celery, sliced
2 medium potatoes (about 2/3 pound), cubed
1 1/2 cups chopped green cabbage
2 bay leaves
1 1/2 teaspoons ground sage
1/2 teaspoon black pepper

In 6-quart pot combine all ingredients; bring to boil. Cover, reduce heat, and simmer about 25-30 minutes or until vegetables are tender. Serve hot. Soup can be stored, covered, in refrigerator up to 1 week.

Warm Broccoli-Potato Salad
(Makes 8 servings)

6 medium new potatoes (about 2 pounds), cut into 1" cubes
1 1/2-2 cups fresh broccoli florets
1/4 cup orange juice
3 tablespoons olive oil
3 tablespoons white wine vinegar
2 teaspoons basil
1 large clove garlic, minced
1/4 teaspoon hot-pepper sauce
2 tablespoons chopped parsley
2 green onions with tops, thinly sliced
Salt, to taste

Cook potatoes, covered, in 1" boiling water *just* until tender, 10-15 minutes. Drain; keep warm. Meanwhile, blanch broccoli in boiling water 1 minute.



Drain and add to potatoes. In small saucepan combine juice, oil, vinegar, basil, and garlic; bring to boil. Remove from heat. Stir in pepper sauce; pour over potatoes and broccoli. Add parsley and onions; toss to coat. Add salt; toss. Serve warm.

Slim and Savory Spinach-Potato Soup
(Makes 6 1-cup servings)

3 leeks (1 1/2 pounds), well-rinsed
6 ounces fresh spinach, stems removed
4 cups chicken broth
1 1/2 pounds red potatoes (3 cups), peeled, cubed
2 tablespoons Molly McButter All Natural Sour Cream and Butter Flavor Sprinkles
Freshly ground black pepper

Slice white parts of leeks into 1/4" rounds; discard green tops. Coarsely chop spinach.

In large saucepan, heat 3/4 cup chicken broth; add leeks and spinach. Cover and simmer 5 minutes over medium-low heat. Add potatoes and cover. Continue cooking 10 minutes; stir occasionally. Add remaining chicken broth; bring to boil. Reduce heat; simmer, uncovered, 10 minutes or until potatoes are tender.

Purée half of mixture in blender or food processor; return to saucepan. Stir in butter-flavor sprinkles mixture and pepper to taste.

Serve hot or cold.

Dill Chicken Packets
(Makes 4 servings)

2 whole skinless, boneless chicken breasts (1 pound), split
4 medium potatoes, cut in 1/4" slices
2 tablespoons Molly McButter All Natural Butter Flavor Sprinkles
4 teaspoons fresh lime or lemon juice
1 teaspoon dill weed
1 small red pepper, cut in strips
1 small yellow or green pepper, cut in strips

Press chicken with meat pounder or heel of hand to flatten slightly to uniform thickness; set aside. Cut four 15" squares of heavy-duty aluminum foil or parchment paper.

For each serving, arrange slices of one potato in single layer on center of foil square; overlap slices slightly. Sprinkle with 1 teaspoon butter-flavor sprinkles and 1/2 teaspoon lime juice. Top with chicken piece. Sprinkle with 1 rounded teaspoon of butter-flavor sprinkles and 1/2 teaspoon lime juice. Top with one-fourth of peppers. Repeat with remaining ingredients.

Close and seal packets; place on baking sheet. Bake at 425° F. 25-30 minutes or until chicken is no longer pink when cut. Fold back foil and serve directly from packets, or transfer contents to plate to serve.

Stuffed Potatoes Primavera
(Makes 4 servings)

3 tablespoons chopped onion
2 tablespoons low-fat yogurt
1 tablespoon flour
1 cup evaporated skim milk or regular skim milk
1 teaspoon horseradish

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Sandra Kuck's 50th anniversary tribute to the March of Dimes... a Bradford Exchange recommendation

"A Time to Love" is a historic commemorative plate honoring the march of Dimes' fifty years of devotion to the prevention of birth defects. Created by artist Sandra Kuck, recent winner of the Artist of the Year award from the National Association of Limited Edition Dealers, it captures the joy of helping children live healthy, happy lives.

"A Time to Love" is rimmed in gold and produced on fine china by Reco International and issued in a strictly limited edition by Edwin M. Knowles. And, like exceptional collector's plates that now command hundreds of dollars on the plate market, it appears well-positioned to go up in value after the edition closes.

Not all plates go up in value; some go down. But the edition of "A Time to Love" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So if you wish to obtain this plate at the $29.00 issue price, the time to act is now. To order your plate – fully backed by our one-year money-back guarantee – send no money now. Simply complete and mail the coupon at right.

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VETS ON PETS

HOW'S YOUR PET'S HEART?

A proper diet and frequent checkups can help your pet avoid heart disease.

by Gabrielle Hoeppner, D.V.M.

Illustration by Albert Staehle

Mrs. Smith brought Brandy into my office late one afternoon. She was concerned because the little terrier had become inactive, had been coughing, and was having some trouble breathing. The dog had fainted on one of their walks last week and had recently developed a potbelly. A physical examination confirmed my first impression: Brandy was suffering from a failing heart.

Your pet's heart is the most important muscle in its body. Luckily, most cats and dogs don't have to worry about high blood pressure, clogged arteries, "heart attacks," or high cholesterol levels. However, just like us, pets often are victims of failing hearts. Fortunately, many of these problems are not only treatable, but preventable.

The first step in caring for your pet's heart is to schedule an annual physical examination with your veterinarian. This is especially important for any pet that is reaching middle age. When your pet is seen for its yearly physical, your veterinarian will check its heart and circulatory system. Abnormal heart sounds; extremely irregular, abnormal pulses; heart rates too fast or too slow; or other signs can lead your pet's doctor to suspect cardiac problems. Abnormalities can be discovered in their early stages, when they can be most easily and successfully treated. Your veterinarian will first check the color of your pet's gums and test the refill time to monitor the general state of the circulatory system. Pulses will be checked for rate and rhythm. Your vet will also listen to your pet's chest for abnormal lung or heart sounds. Although the exam may seem simple, it can tell your veterinarian a lot about your pet's heart. If heart disease is suspected, more testing will be recommended to get a precise diagnosis. A thorough workup may require a referral to a cardiac specialist or university facility.

Don't wait to take your pet in for an examination if you see symptoms that indicate a heart problem. When the failing heart is no longer able to supply an adequate blood flow to vital organs, fluid may "back up" and accumulate in the abdomen, liver, lungs, or legs. This fluid can cause a potbellied appearance, coughing (especially at night and with exercise), difficult or rapid breathing, a bluish color of the gums, or a reduced ability to exercise. Affected animals become "lazy" and lethargic. Some pets may have fainting episodes that can appear similar to

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Plenty of healthful exercise keeps a pet's weight under control and its heart in condition, but don't overdo it—pets, like people, may suffer from overexertion.

Congenital Heart Disease

Dogs and cats are susceptible to the development of the same congenital heart defects as children. Holes in the wall of the heart chambers and persistent fetal circulation or abnormalities of the major blood vessels can lead to typical "blue baby" symptoms in puppies and kittens. Affected animals will not grow as well as their littermates and will usually be less active. In mild cases, the pet may live normally to old age with relatively few symptoms if not stressed or asked for maximal physical exertion. These defects can be repaired surgically. Congenital heart problems are more common in purebred dogs, and affected individuals should not be allowed to reproduce. Always select purebred animals from reputable breeders rather than from a pet shop or a puppy mill.

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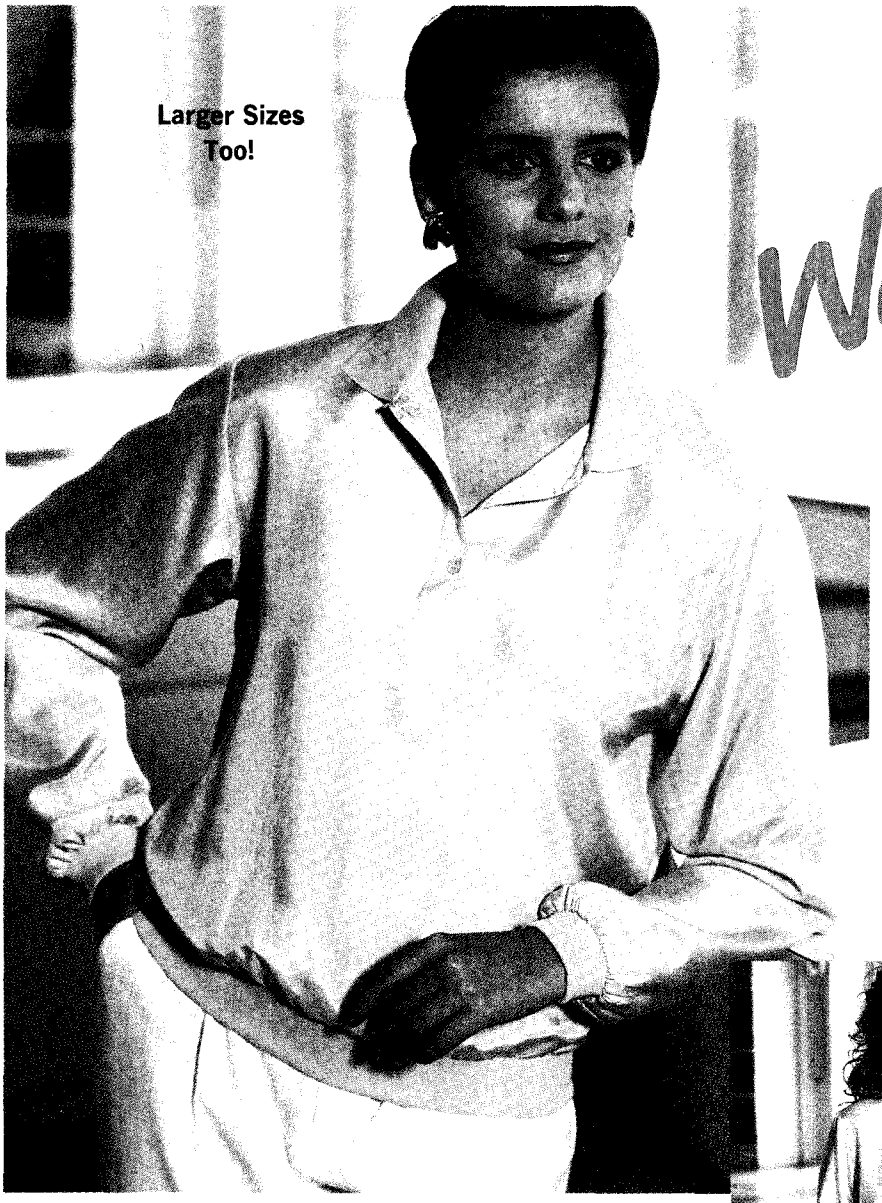

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THE SATURDAY EVENING POST

HEALTH COOKBOOK FOR FAMILY AND FRIENDS

Health Recipes For All Seasons

Cory SerVaas, M.D.
Charlotte Turgeon

New taste-tempting, low-fat, and low-cholesterol recipes.
Healthful menus for spring, summer, fall, and winter, for just the family or for entertaining friends.

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New Health Cookbook Answers the Question: What Healthful Foods Dare We Serve Our Guests?

Does the duty of coming up with healthful dishes in good taste—especially on festive and guest-ive occasions—make you as nervous as a fly in a swatter factory? Do you stew about cholesterol, calories, preservatives, and all the other no-nos our current era is heir to?

Well, stew no more. Help is as close as the card or coupon on this page that will put the *Health Cookbook for Family and Friends* at your fingertips. And though there are many good things to be said for this charmingly illustrated 112-page volume stuffed with taste-tempting, low-cholesterol, low-fat health recipes, not the least of these good things is that the book can be yours FREE. (But we'll get to that.)

In this book, saturated fats are replaced with polyunsaturated or monounsaturated fats; olive oil becomes a favorite; egg whites or egg substitutes replace whole eggs; herbs and spices are substituted for sodium chloride; and so on. In short, these recipes are up-to-date with the latest scientific findings for good health. And your guests should know that the meal has been prepared with their health in mind. As the coauthor, Dr. SerVaas writes, "I trust that this book will help you plan many happy occasions when family members and friends can share good food and good fellowship around your table without endangering their health. ***Bon appétit.***"

One's *appétit* can be nothing less than *bon* with such dishes on the menu as Sole in Walnut Sauce, Oat-Bran Banana Muffins, Charcoal Chicken, Chicken-Stuffed Pasta Shells, Stuffed Fillet of Sole—but you may be stuffed already—and many, many more.

All it takes to have this book delivered to your door is a new subscription or a subscription renewal to *The Saturday Evening Post* for one, two, or three years (three years being the best bargain).

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HEARTBEAT

The Healthy Heart Report

AMERICA THE FAT

Americans have been the world leaders in heart attacks, obesity, arteriosclerosis, and other fat-related diseases—but now all of this is about to change.

by Steven M. Zifferblatt, Ph.D.

For decades, Americans have had a love affair with fat. We've called it many different names—cream, butter, shortening, margarine, cheese—to tone down the blatant ugliness of the word. But to paraphrase Shakespeare, a rose by any other name is still a rose. And fat is still fat—a sticky, greasy, gooey, milky, thick substance that is increasingly the subject of intense scrutiny by health and weight-control experts.

Every morning millions of us open our refrigerator, take out a tub of margarine or butter, pick up the butter knife, and smear our toast with a pat of fat. We fry our eggs and bacon and pour fatty cream or nondairy creamer into our coffee.

For lunch, we spread mayonnaise on our bread or mix mayo into our vegetable or meat salads. Mayonnaise is basically 99 percent fat with a little egg yolk (99 percent cholesterol) and sugar thrown in. Croissant sandwiches are a special treat for some of us. A French croissant has about 200 calories, 130 of which are fat calories. That calculates to about 65 percent calories from fat. A slice of bread has about 75 calories, of which 6 calories are from fat, or about 10 percent of its calories. Add melted cheese (75 percent fat calories) and a frankfurter (80 percent fat calories), and the result is obvious. On the side we often have potato chips (95 percent fat calories). And to balance out this fat feast, we sip a sugar-free diet soda pop.

At dinner time, we continue this love affair with fat. Besides consuming a main entrée that is usually a fatty meat, we also bathe our otherwise healthful vegetables, potatoes, or rice with a hefty dose of butter, margarine, or a cheese sauce. And top it off with a dessert that is usually something nice and creamy and, as such, loaded with fat.

Little wonder that Americans are at the top of the scale of the world's consumers of fat. And it's also no wonder that we are leaders in obesity; heart and blood vessel diseases; high blood pressure; gallbladder, liver, and kidney diseases; and breast cancer—all diseases related to diets high in fat.

Now all of this is about to change. In the past two years, more than 500 new fat- and sugar-reduced products have been created. The newest developments center around totally fat-free or fat-reduced products. Many of them will be using new fat substitutes, such as "Olestra" and "Simplesse." More exciting are the new uses of water-soluble gums for thickeners and texturizers for creamy foods, sauces, and baked goods. These gums also help to lower blood cholesterol and blood fat levels.

In the next ten years, you will be on the receiving end of a great deal of scientific research aimed at decreasing the amount of fat in your diet and in processed foods. For the past two decades, scientists have emphasized the necessity of reducing the amount of fat in our diets, as well as the types of fat that we eat, with good reason. All types of blood vessel (vascular) diseases—especially cardiovascular (heart) disease—appear to be directly related to excess fats, and animal and dairy fats. The term "blood vessel" disease means the aging (cracking or scarring) or the accumulation of fatty deposits in your small or large blood vessels. Research has shown that this problem is related to diabetes, stroke, high blood pressure, and kidney disease. Many scientists believe that the premature aging of blood vessels in the brain is in part related to Alzheimer's disease. Gastrointestinal and breast cancer have also been linked to excess consumption of fatty foods (meats, whole eggs, whole milk, cheese, and butter).

In fact, a simple explanation of "aging" is the gradual choking off of blood to your vital organs. This process occurs "naturally" as a function of biological aging. The gradual blocking of large and small blood vessels means less blood flow, less oxygen delivery, less oxygen to your cells,

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and that sets into motion the chain reaction of premature aging. When this process happens to your coronary blood vessels, it is called "cardiovascular" disease. The very same process occurring in your brain is "cerebrovascular" disease. In the small blood vessels in the legs, kidneys, and eyes, it is called "diabetes." General blood vessel deterioration (aging) is related to high blood pressure. It is scientific record that excess dietary fat intake is related to the entire aging-degenerative disease process.

For the past 40 years nutritionists have maintained that fat is an essential nutrient, and that a severely restricted fat intake is unhealthful. That's true, but you need much less fat than you actually consume now.

Fat contains two major substances:

Fatty acids—necessary for growth, metabolism, proper use of vitamins and minerals, and the synthesis and uptake of many hormones. Your fatty acid needs can be met by a low-fat (20 percent of calories) eating program.

Glycerides—a secondary source of energy for activity and essential body processes. They are often labeled "triglycerides."

From the standpoint of health, it is important to categorize fats into three separate divisions:

Monounsaturated fats (monos)—olive, peanut, rapeseed (canola), and vegetables oils;

Polyunsaturated fats (polys)—corn, safflower, sunflower, sesame, cottonseed, and soy oils;

Saturated fats—lard, animal fats, butter, coconut, and palm oils.

Because monos, polys, and saturated fats are equally high in calories, there is no difference when it comes to weight control. The only difference, visually and texturally, is that polys and monos are thin, or liquid, at room temperature, and saturated fats are thick, creamy, or solid at room temperature. There are differences, healthwise, and these will be discussed also.

You can find each of these fats in the foods you eat, but usually there is a predominant type. Fish and shellfish, for example, are high in a special type of polyunsaturated fat. They also offer a type of polyunsaturated fat that differs from those with which you are probably most familiar—corn, safflower, sesame, sunflower, and soy oils, sometimes referred to as "Omega 6" fats. Fish oils offer a different type of polyunsaturated fat often called "Omega 3" oils. These oils have very different effects in our bodies. Omega 3 polys improve the circulation and have been shown to actually lower our blood cholesterol and blood tryglycerides (fat). Excess fats and oils of any kind are not desirable, so beware of the adage "If a little bit is good, a lot should be better."

Chicken and fowl are high in monounsaturated fats, as are vegetable, olive, canola, and peanut oil. These oils are now called the "good" fats. The exceptions are coconut, palm, and palm kernel oil. Coconuts and palms are the highest natural source of saturated tropical fats. Along with meat and dairy products, saturated fats tend to be unhealthful.

Fat-Reducing Tips

- Add beans, peas, and lentils to your diet as main dishes or in soups.
- Eat lots of breads, whole grains, and potatoes. Watch your excess intake, if you are concerned about excess calories.
- Use food products with the new fat substitutes.
- Use fish and imitation shellfish for main dishes.
- Eliminate all whole-milk dairy products and cheese. Use low-fat or nonfat dairy. Use cheese as a spice—not a food.
- Use nonstick cookware and cooking sprays instead of oils. Learn the secrets of nonfat food preparation.

Remember that the ordinary plant has about 10 percent of its calories from all fats, but the ordinary meat or dairy product has about 75 percent of its calories from all fats.

In general the percentage of fat from calories of each food group is as follows:

Meat . . . . . 75% *(saturated)*
Chicken . . . . . 20% *(monounsaturated)*
Fish, shellfish . . . . . 10% *(polyunsaturated)*
Dairy (whole milk, firm cheese) . . 75% *(saturated)*
Nuts, seeds . . . . . 70% *(monounsaturated)*
Vegetables, fruit . . . 10% *(monounsaturated)*

Obviously, plant foods are lower in fats and calories, offer zero cholesterol, and are high in fiber.

Sorry to throw a monkey wrench into this already complex discussion, but another term is needed to explain the whole story of fats in our diets.

Have you noticed that you buy a bottle of *liquid* corn oil and a tub of *solid* corn oil margarine? Both of these are corn oils, purchased as either liquid or solid. The same rule applies to the other vegetable oils. Certain foods require oil in their processing (sauces, salad dressing, baked goods, margarine, etc.). How can you take oil that is liquid at room temperature and use it in baking, sauces, and margarines to produce a product that requires the oil, or fat, to be solid? The solution is to "hydrogenate" the oil. By hydrogenating the oil, you make the oil solid at room temperature. Hydrogenation, however, is not an improvement from the standpoint of health. Whenever you hydrogenate an oil, you increase its saturation and its ability to raise blood cholesterol as well as its potential to cause cancer. Presently, it is a necessary evil, but with the advent of the new fat substitutes and gums for thickeners and texturizers, hydrogenated fats may soon be a thing of the past.

Most people assume that cholesterol and fat are one and the same. Not true. Cholesterol is essential to life but in a different way. Cholesterol is a key ingredient in the wall of each cell membrane. It is absolutely necessary for the proper metabolism and synthesis of certain hormones—in particular, sex hormones. But the liver manufactures enough cholesterol naturally to meet our needs, so we really never need to add cholesterol to our diets.

Will changes in different people's diets affect their cholesterol levels in the same way? Some people experience major changes with a cholesterol-lowering diet, but others notice only moderate changes. The immediacy of the effect also varies—fast, slow, or anything in-between. Generally, the longer one stays on a cholesterol- and saturated-fat-reduction program, the greater the likelihood one will "max out" with a very safe cholesterol level. About 5 percent of the population are not diet sensitive and in many ways may require medication to lower cholesterol—if it is in a high-risk range.

Most people give up too early because of the challenge of dietary change. Many physicians also resort to drugs before exhausting dietary strategies. *All* drugs used for lowering

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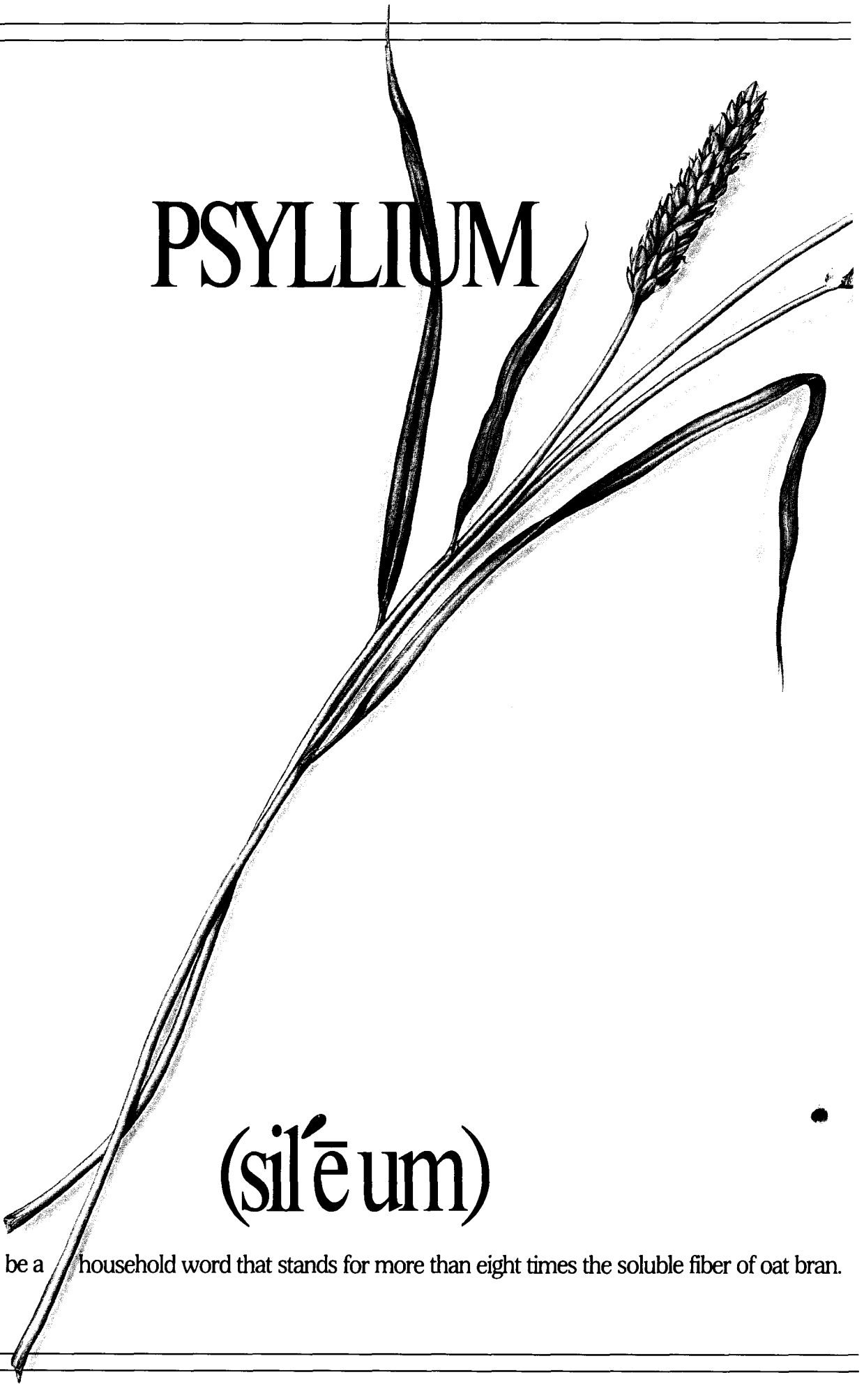

(sil´ē um)

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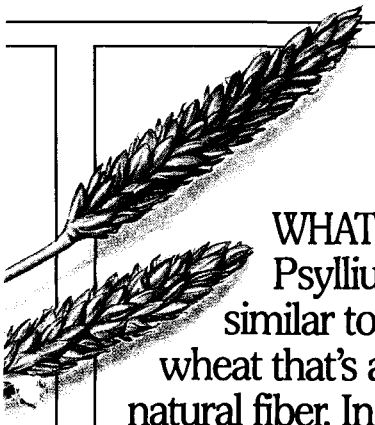

WHAT IS PSYLLIUM? Psyllium is a natural grain similar to corn, oats and wheat that's a rich source of natural fiber. In fact, psyllium contains more than eight times the soluble fiber of oat bran.

WHAT DOES SOLUBLE FIBER DO? Soluble fiber has been shown to play a role in lowering blood cholesterol levels when part of a low-fat, low-cholesterol diet.

RESEARCH HAS CONFIRMED PSYLLIUM'S IMPORTANCE IN THE DIET. These studies suggest the following: Among people with elevated cholesterol levels the addition of soluble fiber, including that from psyllium, to a low-fat, low-cholesterol diet can actually reduce the cholesterol level in the bloodstream. So the soluble fiber you get from psyllium can be a smart addition to your diet.

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cholesterol and other blood fats have significant known side effects (and because the drug is taken on a lifelong basis, there are likely other unknown side effects). Consult your physician for further information on cholesterol-lowering drugs, and be firm in asking for a chance to "show your stuff" and try to lower your cholesterol by dietary means.

The only type of fat that directly elevates your blood cholesterol is saturated fat. It has more of an impact on your blood cholesterol than dietary cholesterol. That is why dieticians are so emphatic about lowering your saturated fat intake.

All fat is called triglycerides. Both your body fat and your blood fat are called triglycerides. The higher your blood triglycerides, the thicker and stickier your blood, which makes circulation more difficult, increases the tendency to clot, and reduces the amount of oxygen available in your blood. A high intake of polyunsaturated (corn, safflower, sunflower, sesame, and soy oil) and saturated fat, sugar, and alcohol will increase your blood triglycerides.

Recent medical evidence suggests that a triglyceride level higher than 125 md/dl is considered high risk for all, but particularly for postmenopausal women.

When your blood cholesterol is elevated beyond 200 mg/dl, the risk of cardiovascular disease is also above normal. Blood cholesterol levels are related to the probability of blockages in your coronary arteries. Studies that analyze the composition of artery lesions, or blockages, indicate that cholesterol is a key ingredient. The lower your dietary intake of cholesterol, saturated fat, and total fat, the less the likelihood you will experience elevated cholesterol and thus lesions, or blockages, in your arteries.

All polyunsaturated fats and oils tend to lower blood cholesterol. For this reason, they were recommended as a substitute for other types of fats, monos and saturated, in the past. However, recent trends in science downplay the role plant-based polys should play in your diet and food preparation, because health problems—cancer and gallbladder disease—have been linked to the use of polyunsaturated fats in high amounts. In the immediate future you will notice less emphasis placed on them and more on plant oils based on monounsaturated fats. Safflower, sunflower, corn, walnut, and soybean oils are high in polyunsaturates. Don't wait—change now to monounsaturated fats and lower your fat intake.

Olive, peanut, rapeseed (canola), avocado, sesame, and vegetable oils are high in monounsaturated fats. These oils can lower your blood cholesterol moderately. And their safety record is excellent. People have eaten monos for thousands of years, and you will see increasing reliance upon them when fat is required in a recipe, or recommended by health groups. When you see the term "vegetable oil," it is likely to be a high-mono oil.

Dietary intake of saturated fat tends to increase your blood cholesterol more so than the actual intake of cholesterol. In fact, there are other potential health problems. A recent international study found that saturated fat intake was closely related to colon and rectal cancer prevalence.

Meats, whole milk, and dairy products are very high in saturated fat, as are coconut, palm, and palm kernel oil. These three oils, termed "tropical fats," are used primarily because their excellent flavor masks the unpalatability of other oils used in foods. For the most part, they are used quite sparingly, and their overall inclusion in our processed food supply amounts to about 5 percent of the total oils used in food processing. The recent scare that we are being "poisoned" by food processors who use these oils is not substantiated by their very low usage pattern. Obviously, you should reduce, or avoid, all unnecessary intake of saturated fats and the foods containing them or prepared with them.

Your strategy should be to *reduce your dietary intake of all fats and oils* to about 20 percent of your caloric intake. You should be very emphatic about eliminating or greatly reducing the amount of oil used in food preparation. With this program you have an additional "safety margin" for caloric intake and health.

"Would you mind, Arthur? There's a spider near the sink."

About the Author: *Steven M. Zifferblatt, Ph.D., is the director of the Better Life Institute, a co-founder of the LaCosta Lifestyle and Longevity Center, and a former associate director of the Pritikin Longevity Center. He has held research and faculty positions at the National Heart, Lung and Blood Institute and at Harvard and Stanford Medical Schools.*

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THE LAUGHTER PRESCRIPTION

Raising the human spirit may well be the greatest force of all in fighting off disease.

by Norman Cousins

The telephone call was from the Associated Press correspondent stationed in Chicago.

"How does it feel to be fully vindicated?" he was asking.

I drew a blank and said so.

"There's a report in the new issue of *JAMA* [*Journal of the American Medical Association*] providing scientific evidence that you were right when you wrote that laughter is useful in combating serious illness," he continued. "It's by Swedish medical researchers whose experiments show that laughter helps the body to provide its own medications. Let me read from the report: 'A humor therapy program can improve the quality of life for patients with chronic problems. Laughter has an immediate symptom-relieving effect for these patients.'

"Since you were heavily criticized by some physicians when your article first appeared in the *New England Journal of Medicine*, it must feel pretty good to have this verification."

Of course I was gratified by the report in *JAMA*. In *Anatomy of an Illness*, first published in 1976, I had reported my discovery that ten minutes of solid belly laughter would give me two hours of pain-free sleep. Since my illness involved severe inflammation of the spine and joints, making it painful even to turn over in bed, the practical value of laughter became a significant feature of treatment.

Dr. William Hitzig, my physician, was as fascinated as I was by the clear evidence that laughter could be a potent painkiller. He tested this proposition by comparing my sedimentation rate before and after my response to amusing situations in films or books. The sedimentation test measures the extent of inflammation or infection in the body. Since my sedimentation rate was in the upper range, any reduction was to be welcomed. Dr. Hitzig reported to me that just a few moments of robust laughter had knocked a significant number of units off the sedimentation rate. What to him was most interesting of all was that the reduction held and was cumulative.

Even more encouraging, the retreat of pain was accompanied by a corresponding increase in mobility. At that time, little was known about the ability of the human brain to produce secretions with morphine-like molecules—endorphins and enkephalins. Looking back now, in the light of this knowledge, I realize the laughter probably played a part in activating the release of endorphins.

Medical malpractice was never more fun than when practiced by Groucho Marx on his brothers Chico and Harpo.

In writing of this experience, I was careful to point out that I didn't regard the use of laughter as a substitute for traditional medical care. I also emphasized that I tried to bring the full range of positive emotions into play—love, hope, faith, will to live, festivity, purpose, determination.

Obviously, what worked for me may not work for everyone else. Accumulating research points to a connection between laughter and immune enhancement, but it would be an error and indeed irresponsible to suggest that laughter—or the positive emotions in general—have universal or automatic validity, whatever the circumstances. People respond differently to the same things. One man's humor is another man's ho-hum. The treatment of illness has to be carefully tailored to suit the individual patient.

But not unnaturally, perhaps, the laughter aspects of the recovery made good newspaper copy. I was disturbed by the impression these accounts created that I thought laughter was a substitute for authentic medical care. In fact, my principal reason for writing the article about my illness in the *New England Journal of Medicine* was to correct this impression. I emphasized that my physician was fully involved in the process and that we regarded laughter as a metaphor for the full range of the positive emotions.

Perhaps I might have been a lot less defensive if I had known then what I know now. Medical researchers at a dozen or more medical centers have been probing the effects of laughter on the human body and have detailed a wide array of beneficial changes—all the way from enhanced respiration to increases in the number of disease-fighting immune cells. Extensive experiments, working with a

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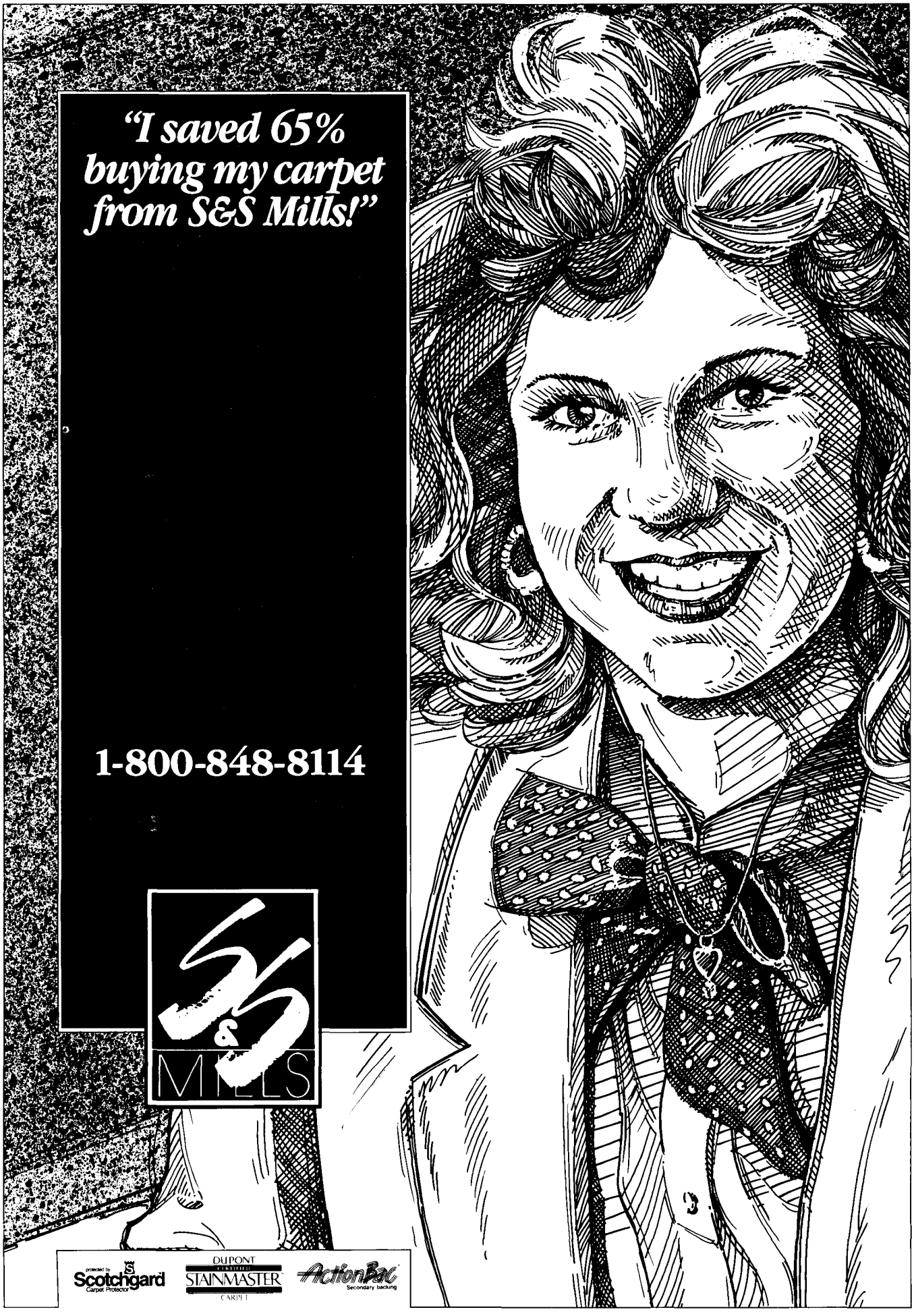
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significant number of human beings, have shown that laughter contributes to good health. Scientific evidence is accumulating to support the biblical axiom "A merry heart doeth good like a medicine."

Of all the gifts bestowed by nature on human beings, hearty laughter must be close to the top. The response to incongruities is one of the highest manifestations of the cerebral process. We smile broadly or even break out into open laughter when we come across Eugene Field's remark about a friend "who was so mean he wouldn't let his son have more than one measle at a time." Or Leo Rosten's reply to a question asking whether he trusted a certain person: "I'd rather trust a rabbit to deliver a head of lettuce." Or, as Rosten also said, "Let's go somewhere I can be alone." Or Evan Esar's definition of love: "A comedy of Eros." These examples of word play illustrate the ability of the human mind to jump across gaps in logic and find delight in the process.

Surprise is certainly a major ingredient of humor. Babies will laugh at sudden movements or changes in expression, indicating that breaks in the sequences of behavior can tickle the risibilities. During the days of the silent films, Hollywood built an empire out of the surprise antics of its voiceless comedians—Harold Lloyd swinging from the hands of a giant clock, Charlie Chaplin caught up in the iron bowels of an assembly belt, or Buster Keaton chasing a zebra.

It has always seemed to me that laughter is the human mind's way of dealing with the incongruous. Our train of thought will be running in one direction and then is derailed suddenly by running into absurdity. The sudden wreckage of logical flow demands release. Hence the physical reaction known as laughter.

Consider the story of the two octogenarians on a park bench. One asks the other:

"Do you believe in reincarnation?"

"Well, Joe," replies Harry, "I've never really thought much about it."

"Maybe we ought to start thinking about it," says Joe. "One of us is going to go first. Let's agree that the one who is left behind will come to this park bench every Wednesday at 11:00 a.m., and the one who has departed will find a way of getting a message to him at that time about reincarnation and all those other things that are beyond our ken."

Harry agrees.

One month later, Joe dies peacefully in his sleep. Every week for several months, Harry takes up his station at the park bench at 11:00 a.m.

Then one Wednesday, at the appointed hour, he hears a voice, as though from afar.

All the boys have to do is move that box up those stairs—and with Laurel and Hardy, you can bet on the outcome.

"Harry, Harry, can you hear me?" the voice says. "It's Joe."

"Joe, for heaven's sake, what is it like?"

"You wouldn't believe it, Harry, about the only thing you do up here is make love. They wake you up at seven in the morning and you make love until noon. After lunch and a nap, you're at it again right through until dinner time."

"Good gosh, Joe, what are you and where are you?"

"I'm a rabbit in Montana!"

The brain accommodates itself to the collision of logic and absurdity by finding an outlet in the physiological response we recognize as laughter.

Does humor make a difference in one's approach to challenging situations? According to some medical studies, public speaking is one of the most stressful experiences in any catalog of human activity. I have no way of confirming that fact scientifically, but I can attest, on the basis of some 2,000 lectures during the past 40 years, that both speaker and audience seem to get along much better with a little humor.

The first formal lecture I gave was in New York City's Town Hall, then the mecca for public speakers. After I completed the talk, Bennett Cerf, the book publisher and collector of jokes, came up to greet me.

"That was a good talk," he said, "considering it's your first try. But you're a little too serious. You've got to warm up your audience. Start with a humorous story. It's always a good idea to involve yourself in the anecdote, especially if a celebrity or two figures in the story. Hasn't anything funny happened to you recently that also involves someone who's famous?"

I told Bennett I had spoken in Albany only a week earlier at a special convocation of the Board of Regents to welcome General Eisenhower in his new role as president of Columbia University. I sat next to General Eisenhower and tried to compose myself for my talk. My discomfiture must have been apparent to the general. He leaned toward me and spoke in a whisper.

"What's the matter? You look a little pale."

I whispered back that my appearance was not deceptive, and that the prospect of speaking to so many educators in their university gowns was a little intimidating.

"Do as I do," he said. "Whenever I feel nervous before I speak I use a little trick."

"Trick? What trick?"

"I just transfer my nervousness to the audience," he said.

"And how do you do that?"

"Very simple. I look out at all the people in the audience and just imagine that everyone out there is sitting in his tattered old underwear!"

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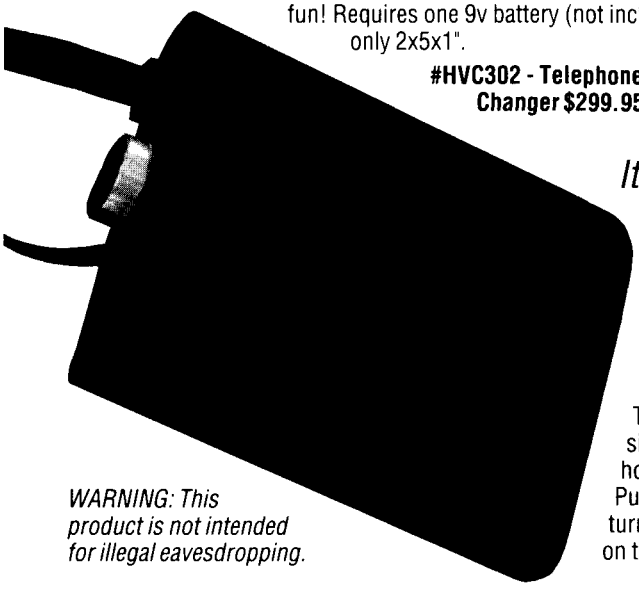

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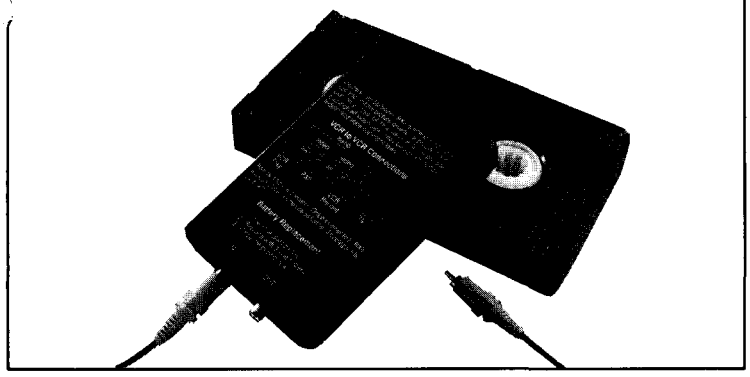

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Bennett Cerf was entranced with this account.

"Great, great!" he exclaimed. "Now, the next time you speak, just begin your talk with the Albany story and the advice given you by General Eisenhower. You'll see what a difference it makes."

Two weeks later I spoke in St. Louis, and I began my talk with the Eisenhower anecdote. It didn't produce even a ripple. The audience was stony faced. The rest of my talk was uphill all the way.

Following the lecture, a man came up to me.

"That story about General Eisenhower," he said. "Are you sure it happened to you?"

"Yes," I said. "Of course it did."

"That's strange," he replied. "Bennett Cerf lectured here last week and said it happened to him."

Even so, I can testify that Bennett Cerf gave me good advice. People who come to hear a talk tend to be a little more attentive if the speaker illustrates his points with occasional amusing references or anecdotes. If, on the other hand, you keep pounding away at an audience with solemn pronouncements, you can expect to be rewarded with a collective glaze.

Cerf was right, too, about the strategy of involving yourself in the stories. I got a lot of mileage at the beginning of my talks by referring to something that happened to me when I went to Kansas City on a rainy night for a talk at the Convention Hall. The structure consisted of several auditoriums of various sizes—including a prizefight arena and a hall capable of accommodating six or seven thousand people.

I went in through the main entrance, checked my raincoat, and went to the third-floor auditorium, as specified on my itinerary sheet. I walked down the side aisle and noticed that the stage had no approaching steps. I asked a member of the audience if he could tell me how to get backstage. He pointed to a side door, then told me to go inside and turn left.

As directed, I went through the designated door—then spun around to catch it behind me, thinking it might be bolted from the inside. I was too late. The knob didn't turn. In the dim light I could see that there was no passageway to the left—something I should have realized about Kansas City in the first place—only a stairway, the bottom of which was lost in darkness.

I rapped on the door behind me; it had a heavy metal thickness, and I knew that continued rapping would produce only sore knuckles.

There was nothing to do except to make the great descent.

I came to the bottom, turned left into the darkness, and found myself stumbling through the remains of old

Who doesn't love Lucy—overconsuming in a chocolate factory, getting tipsy on health tonic, or out-Chaplining Chaplin?

stage sets. Eventually, I spied a thin line of light along the floor and groped my way toward it, thinking it might be a door. I was right. I turned the knob, opened the door, and stepped out in the brilliantly lighted platform of a poultry convention being addressed by H. V. Kaltenborn. A gasp went up from the audience. Mr. Kaltenborn turned around, recognized me, and asked what was happening.

"I'll explain later," I said, and backed out again into the catacombs of Kansas City, resuming my encounters with old stage sets. Eventually, I came to another door. It had a bar handle. I pushed, the door opened, and I found myself on the street on the far side entrance to the building.

The rain had become a downpour. I had to choose between a retreat back into the catacombs or a wet platform presence. It was an easy choice. I made a run for it. Several hundred yards later, I reentered the structure and proceeded to the third-floor auditorium, where an attendant asked for my ticket.

"I realize I don't look much like it at this point, or perhaps at any point," I said, "but I happen to be the speaker."

The attendant looked at the thoroughly soaked figure in front of him.

"Look, bud," he said, "the speaker already went inside 20 minutes ago."

His facts were unassailable.

"How do I get in?" I asked wearily.

The attendant pointed to the box office.

"You pay your way in, same as everyone else," he said.

I did as directed but not without resentment, being forced to pay three dollars for a talk I had heard before. I perceived, however, a certain redeeming feature of this episode. It occurred to me that the country might have far better lectures if the lecturers occasionally had to pay their way in to hear themselves.

Such misadventures give me ammunition for the beginning of my talks. Audiences seem to relish accounts involving mishaps to speakers. The Kansas City story puts them in a relaxed and receptive mood.

Dr. Novera Herbert Spector, the neurophysiologist, sent me an account written more than a half-century ago of the physiological benefits of laughter. It was by Dr. James Walsh, then the medical director of the School of Sociology at Fordham University in New York.

Dr. Walsh reported on his research showing that hearty laughter stimulates internal organs, "making them work better through the increase of circulation that follows the vibrating massage that accompanies it, and heightens resistive vitality against disease." Dr. Walsh then particularized by detailing the beneficial effects of laughter on

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lungs, liver, heart, pancreas, spleen, stomach, intestines, and the brain. He wrote that laughter has the effect of brushing aside many of the worries and fears that set a stage for sickness.

Dr. William Fry, Jr., of the Department of Psychiatry at Stanford Medical School, likens laughter to a form of physical exercise. It causes huffing and puffing, speeds up the heart rate, raises blood pressure, accelerates breathing, increases oxygen consumption, gives the muscles of the face and stomach a workout, and relaxes muscles not involved in laughing. Twenty seconds of laughter, he has contended, can double the heart rate for three to five minutes. That is the equivalent of three minutes of strenuous rowing.

Just in psychological terms, laughter can confer benefits.

In the 1950s, Dr. Gordon Allport, psychologist-teacher at Harvard University, theorized that humor, like religion or climbing a mountain, provides a new perspective on one's place in society. Dr. Annette Goodheart, a psychologist in Santa Barbara, confirmed this view in her own work. She found that humor helps an individual to confront personal problems in a more relaxed and creative state. Along the same line, Dr. Alice M. Isen, of the Department of Psychology and Johnson Graduate School of Management at Cornell University, said that laughter increased creativity and flexibility of thought. One of her studies involved individuals who failed to tack a candle onto a corkboard wall in such a way as to not drip wax on the floor while it burned. Those persons who had just seen a short comedy film were better able to devise innovative approaches to the task than those who had "creative flexibility" after seeing the film. In tests of mental acuity, Isen has also found that positive feelings, induced by humorous films or the giving of a candy gift, enable persons to use language more colorfully.

Laughter has been shown to help reduce "discomfort sensitivity." Drs. Rosemary and Dennis Cogan, et al., Lubbock, randomly assigned 40 undergraduates to four groups: (1) laughter, (2) relaxation, (3) informative narrative, and (4) no-treatment control. Members of groups one, two, and three each listened individually to a 20-minute audiotape appropriate to their group. The discomfort was produced by pressure from the automatic inflation of a blood pressure cuff. Subjects could withstand the highest level of discomfort after being exposed to humorous material; the next highest level after being exposed to a relaxation technique. The Cogans and their colleagues suggest that humor can be particularly useful in alleviating the pain of injections a patient must receive, as well as postoperative pain.

If laughter can improve one's perspective on life and on pain, it follows that it might be helpful in combating unusual stress. Drs. Rod A. Martin and Herbert M. Lefcourt, then of the University of Waterloo in Ontario, Canada, studied the connection between humor and adjustment to major life stresses. They gave 56 undergraduates four tests designed to measure the capacity to enjoy humor under a variety of circumstances. Three out of four tests showed that those who valued humor the most were also most capable of coping with tensions and severe personal problems.

Drs. Martin and Lefcourt subsequently studied 67 students and found that those who had the greatest ability to produce humor "on demand" in impromptu routines are also best able to counteract the negative emotional effects of stress.

Dr. James R. Averill, then of the Department of Psychology, University of California, Berkeley, measured a number of physiological reactions accompanying various emotional states. Fifty-four undergraduates were divided into three groups—a sadness group, a mirth group, and a control group. The sadness group watched a film about John F. Kennedy; the mirth group saw a Mack Sennett-type silent comedy; and the control group viewed a non-arousing documentary film. Measurements of blood pressure, heart rate, finger and face temperature, finger pulse volume, skin resistance, and respiration were taken during the showing of the films. Averill found that laughter produced respiratory changes, and that sadness yielded changes in blood pressure. The main conclusion of the study was that emotions produce measurable physiological change.

Dr. Paul Eckman and colleagues, of the University of California at San

continued on page 107

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Bad Experience

A job interviewer had just asked a prospective employee, "What do you expect to get paid?"

The man quoted a high figure, and the interviewer said, "That's pretty steep for a man with no experience."

"I know, but it's a lot harder work when you don't know anything about what you're doing."

—Martha J. Beckman

All Downhill from Here

It was late summer in the mountains of North Carolina when a shiny, almost-new Cadillac bearing a Florida license plate pulled into a remote service station to be refueled. A bronzed middle-aged man stepped out. He stretched, breathed deeply of the clean, fresh air, and in unmistakable Yankee-ese observed, "My, my, this is beautiful country." And then he added, "But I'll bet there are a lot of ignorant people around here." To which the young mountain lad filling his tank replied, "Yessir, they is. But they'll all be going back to Florida pretty soon."

—E. D. Lewis

Fortieth-Year Class Reunion

It was my class reunion,
And all through the house,
I checked in each mirror
And begged my poor spouse
To say I looked great,
That my chin wasn't double,
And he lied through false teeth,
Just to stay out of trouble.
Said that 'neath my thick glasses,
My eyes hadn't changed,
And I had the same figure,
It was just a mite rearranged.
He said my skin was still silky,
Although looser in drape,
Not so much like smooth satin,
But more like silk crepe.
I swallowed his words
Hook, sinker, and line
And entered the banquet
Feeling just fine.
Somehow I'd expected
My classmates to stay
As young as they were
On that long-ago day
We'd hugged farewell hugs.
But like me, through the years,
They'd added gray to their hair,
Or pounds to their rears.
But as we shared a few memories
And retold some class jokes,
We were 18 in spirit,
Though we looked like our folks.
We turned up hearing aid volumes
And dimmed down the light,
Rolled back 40 years,
And were young for the night.

—Donna Presnell

Class

Some would judge a gentleman
By his honor and his truth;
Some would check his wardrobe,
His grooming, or his couth—
I have but one requirement
For the man who gets my vote:
He's the kind and thoughtful gent
Who lowers the seat on the commode.

—Rozalie S. Gibbs

Hands-off Management

Announcement in a daily newspaper: "The ladies of the Helping Hand Society enjoyed a swap social on Friday evening. Everybody brought along something they no longer needed. Many of the ladies were accompanied by their husbands."

—Trenda Leigh

Standing Room Only

"That dress is too tight for you. It's skin tight."

"It's tighter than my skin, mother."

"Honey, how could anything be tighter than your skin?"

"I can sit down in my skin, but I'll be darned if I can sit down in this dress."

—James Curnane

Making a Deduction

Five-year-old Michael listened intently as his mother and three other women were discussing the increased

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hospital and doctor costs of having babies today compared to the costs of a few years ago.

When there was a lull in the women's conversation, Michael asked his mother, "Did I cost very much?"

"You cost much more than your older sister," his mother answered.

Michael thought about her answer for a few moments, and then he asked his mother, "Did anyone else want to buy me?"

—Ruth Hammond

Observation

The prosperity of doctors,
My banker explains,
Comes from their
Ill-gotten gains.

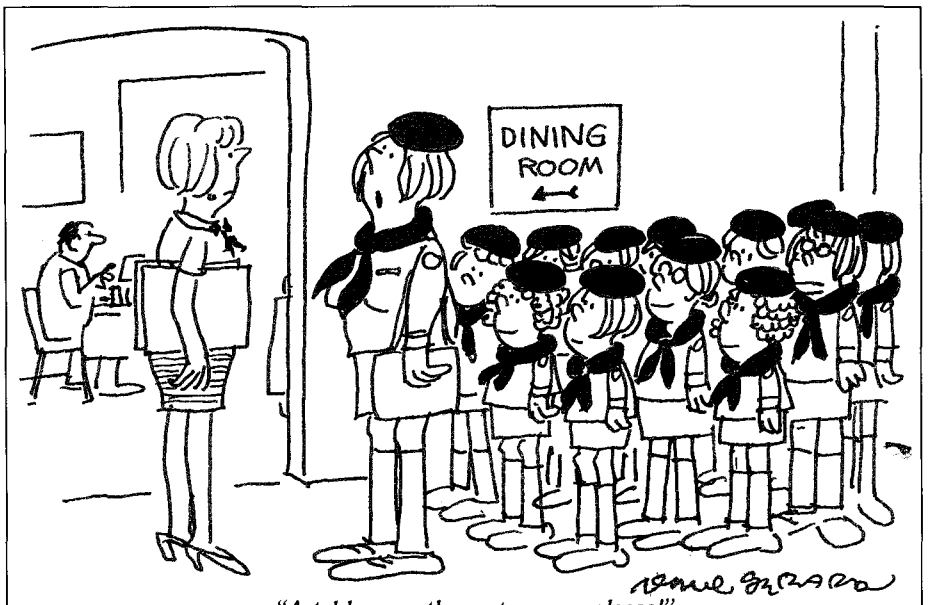
—Lakenan Barnes

Not Prophetable

A new pastor of a country church dropped in on a Sunday school class. In his chat with the children, he quizzed one boy: "Who knocked down the walls of Jericho?"

The boy started to cry. "Not me, sir," he said.

The pastor, upset, turned to the teacher and said, "Is this the kind of teaching you do?"



"A table near the rest rooms, please!"

The teacher, embarrassed, replied, "Now, Reverend, Timmy is a good boy and doesn't tell lies. If he says he didn't do it, then he didn't."

Now thoroughly flustered, the pastor presented the matter to the deacon's board. After an interval, the board sent a message to the pastor: "We see no point in making an issue of this situation. The board will pay for the damages and charge it off to vandalism."

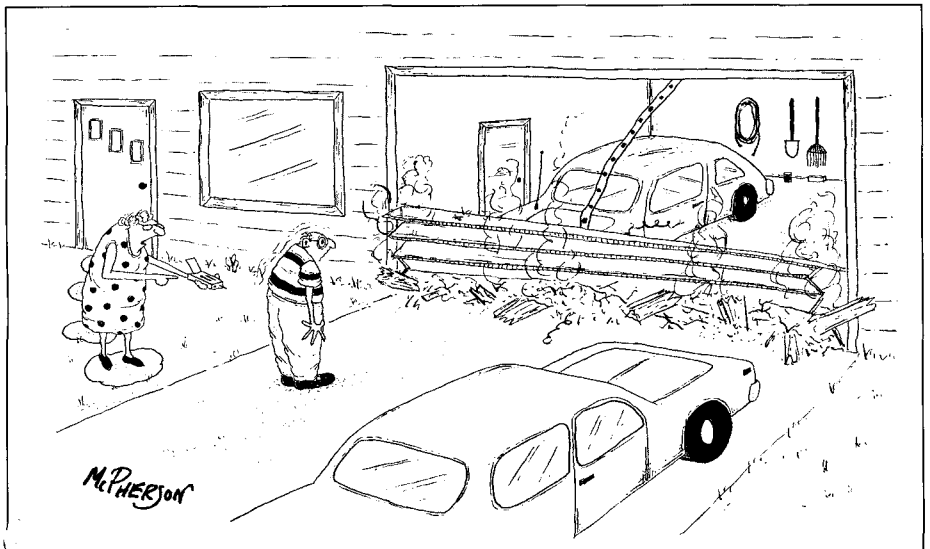
—Martha J. Beckman

No Sweat-er

"Hey, pull over!" a policeman shouted in heavy traffic. The driver complied, but the next day the judge fined her $25.

She went home in great anxiety lest her husband examine the checkbook and learn of the incident. At last an inspiration hit her. She wrote on the stub: "One pullover, $25."

—Bobbie Mae Cooley



"Here's the problem. The batteries to the garage-door opener were in backward."

End Run

I'm trying to make ends meet.
On paper it always looks neat,
But I never have money to spend,
'Cause someone keeps moving
the ends.

—Constance M. Willi

School of Hard Rocks

"I'll teach you to throw rocks," an angry man said to a mischievous young boy.

"I sure wish you would, mister," the boy replied. "I keep missing."

—Suzan L. Wiener

That's the Life

"How much time did you get?" the lifer asked when introduced to the latest prison arrival.

"Twenty years," the new inmate said with a sigh.

"Twenty, huh? What did you do?"

"Nothing."

"Aw, come on," the lifer scoffed. "These days you only get ten years for that."

—Bert Lee Hudson

A House Is Not a Home

During the last days of a storewide sale, a frenzied clerk was making out what was her last sales check of the day. As the customer gave her name and address, the clerk looked up wearily and said by way of conversation, "It's a madhouse, isn't it?"

The customer replied pleasantly, "No, it's a private home."

—Carolyn Gilbert

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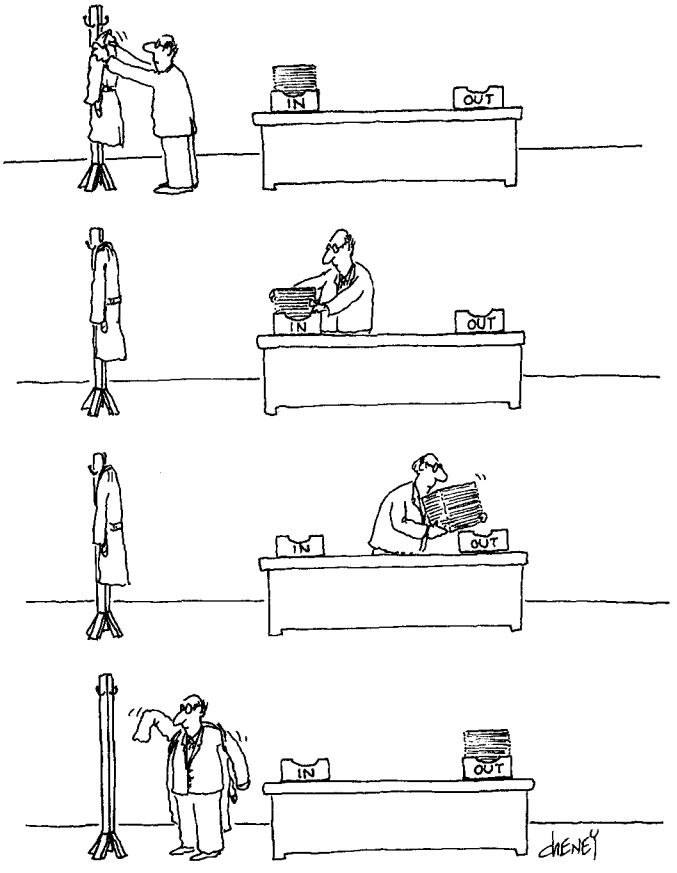
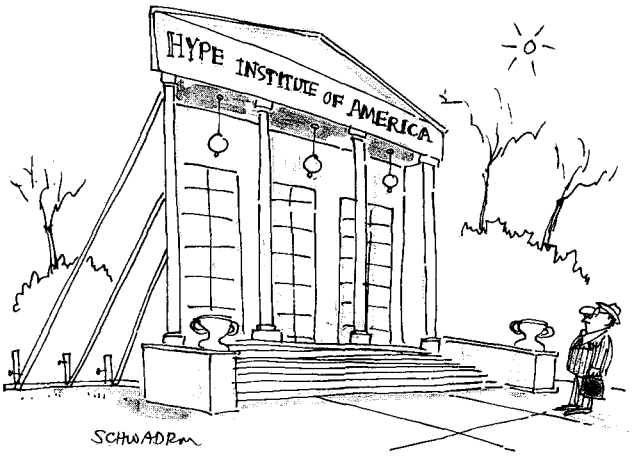
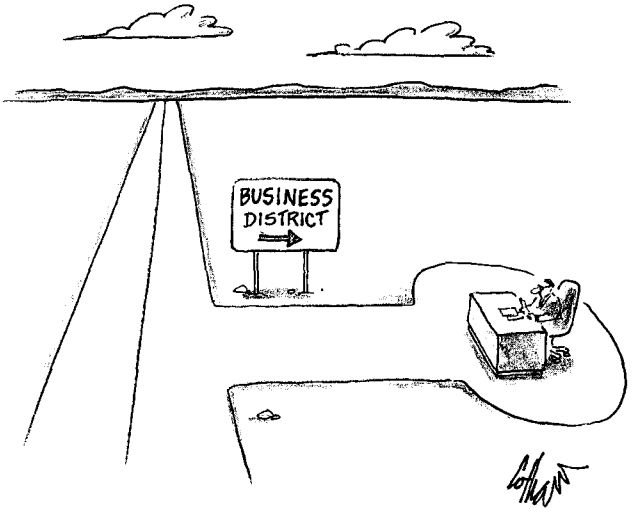
ON THE JOB







BILL DISCOVERS THAT HE LIKES WORKING WITH ANIMALS.

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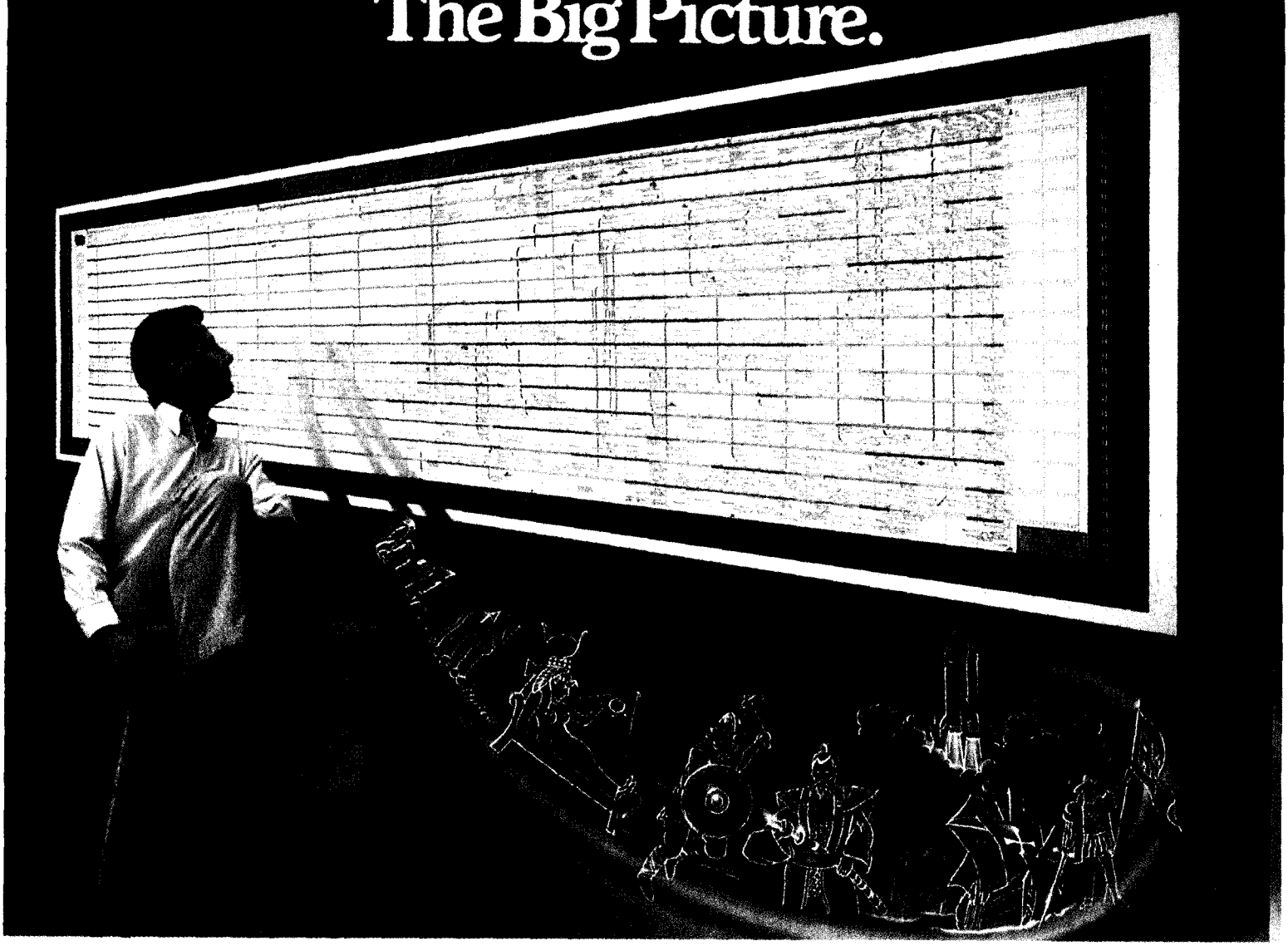

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DR. LOUIS SULLIVAN: HOW TO KEEP HEALTHY? MIND YOUR HABITS

The mammoth U.S. Department of HHS is headed by a man whose innovative approach to disease avoidance may surprise many. A visit with him is refreshing for prevention workers. He literally throws the ball into our court.

by Cory SerVaas, M.D.

In last month's issue we told you about Dr. Louis Sullivan, his wife, Ginger, and their morning three-mile power walks. After our conversation on the White House south lawn, we knew that our readers would enjoy a firsthand visit with this dynamic new Secretary of the very large U.S. Department of Health and Human Services. The department he heads up has an annual budget of more than $400 billion. To him report: the National Institutes of Health, the Food and Drug Administration, the Centers for Disease Control, the U.S. Public Health Service, Medicare, Medicaid, and many other agencies.

It was probably the healthiest conversation in the country that day. U.S. Secretary of Health and Human Services Dr. Louis W. Sullivan sat down with the Post's editor to discuss America's health and medical agenda.

He's a down-to-earth man with whom health promotion and disease prevention will take top priorities. This became apparent when early in his tenure he made refreshing statements to the effect that those vulnerable for preventable diseases should take responsibility for their health and understand that lifestyles of smoking, drinking, obesity, lack of exercise, and promiscuity cause many of their unfortunate health problems.

How Dr. Sullivan thinks will have a profound effect on how your medical care is delivered when you need it, how much will be available, and even how good it will be.

We settled onto a comfortable couch in his spacious office, and after letting him know of our pleasure at his recent aggressive attacks on those who sell cigarettes to minors and minorities, we urged him to brief our readers. We found him charming, persuasive, innovative, and a visionary. His smile displayed the healthiest row of gleaming white teeth you can imagine. No tobacco stain there! He was relaxed and obviously relishing success in his mission. We asked him about his thoughts on tobacco advertising:

Dr. L. S.: I'm following with interest the fact that there are a number of communities around the country now where there are groups who are objecting to the high density of billboards in low-income and minority communities because, of course, the billboard ad is something you can't turn off. At least you can turn off your television, or you can put down the newspaper.

We are also following with interest what's going on in California, where they've increased the tax on cigarettes and are now using that money to run public service ads warning people about the dangers of tobacco. So I'm very pleased with that, and one of the things we're doing is collecting this information and distributing it to other states—to health officers, legislators, and governors.

I spoke with Gov. Terry Branstad, of Iowa, the chairman of the National Governors' Association, before we announced our vending machine initiative, and he was very interested and very encouraging in terms of wanting to work with the states to enforce the laws—first of all, the laws that already exist on the books in 44 states.

Another thing we're looking at is the whole issue of cigarette ads' really conveying an inappropriate message. You see these young, healthy, obviously successful people frequently suggesting they've just finished a vigorous round of tennis or something like that. The ads convey the message that smoking is compatible with vigorous physical activity.

Dr. C. S.: Do you ever wish that cigarettes were ten dollars a pack? During the Depression men didn't smoke much because they couldn't afford to. Do you have any thoughts about how we could force the cigarette companies to charge ten dollars a pack and contribute some of their profits to cover the cost of tobacco-caused diseases? Would that be good?

Dr. L. S.: Well, . . . let me say this: we do know that the young people

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who smoke are the most sensitive to changes in the price of cigarettes, and certainly that is something we are interested in. The whole issue of taxes is something the Treasury, of course, and the President, with his overall budget concerns, would really need to sign off on. But we have indeed simply stressed the fact that if the prices were to go up by taxes or by whatever mechanism, it would have an effect in reducing the number of young people starting to smoke. Or those who already are smoking would be given a great incentive not to smoke.

Dr. C. S.: It's illegal for adolescents to smoke until they're 18? It's a law?

Dr. L. S.: It's a law but it's not enforced.

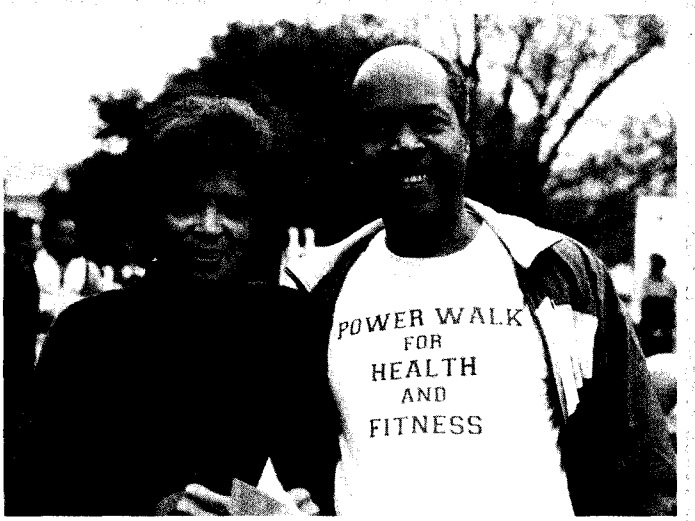
Dr. C. S.: Do you think that we should issue cigarette retailers licenses that could be revoked?

Dr. L. S.: Oh, yes. Exactly. That's actually what we've proposed in our model legislation that we've just presented during a hearing before the Congress: that there should be a specific license for stores to sell tobacco and that we have punitive measures should they violate the law by selling to underage individuals—this would be much better. First of all, what exists now has not been enforced. In many states there is no penalty; it simply is a law on the books without any teeth. But having the licensing and then having . . . fines, including loss of license, as an enforcement would be very helpful. So we have that in our model legislation.

Dr. C. S.: Doctors and employers have been criticized for not sufficiently exerting their powers to help people quit smoking—because they have the best opportunity to influence people who are smoking and endangering their health. Do you think that we should ask doctors and employers to come down harder? One civic-minded employer of 2,500 people led off several years ago by saying, "No smoking in our buildings because I don't want to watch our employees commit suicide by inches."

In an attitude of benevolent paternalism, should all employers say, "If you're a smoker, we can't afford to hire you until you quit"? And should doctors say, "If you keep on smoking, I'll stop caring for you until you quit"?

And the government has some clout too with their welfare checks. Could they say: "If you're going to expect us to take care of you when you have health problems, you're going to do your share by not smoking and particularly not smoking around your children. Not smoking would do more for your welfare than your government check. If you continue to destroy your health by smoking, we won't give you support checks until you quit using the money to buy cigarettes"? Would that be too strong?



Secretary Sullivan and Ginger, in their comfortable warmup attire, enjoyed making the rounds to sports stations with the President and Arnold Schwarzenegger on the White House lawn. The event, called the Great American Workout, launched the efforts of the President's Council on Physical Fitness and Sports. The council advises the Secretary and the President on matters of health, fitness, and sports.

Dr. L. S.: That's something that I would be hesitant to suggest that we move onto because I know that it would get us into difficulty with the lawyers who are on that. But short of that, though, I think there are a number of things we can encourage physicians and employers to do in making their workplaces smoke free.

Doctors' offices clearly ought to be smoke free. And the hospitals! And by the way, I'm sending letters to every hospital in the nation urging that if they have not already made their facilities smoke free they should do so, and we're then doing the same with every grant recipient for this department, which includes colleges, universities, medical schools, community clinics, and child welfare agencies, etc. I'm urging all of them because of the adverse health effects of tobacco to make their facilities smoke free, because it's not only the smoker himself or herself who's hurt by this, but the people who are in the area, whether it's children or co-workers.

And as you know, there has now been recent evidence that *passive smoking might actually cause heart disease.* The previous evidence has been that people, from passive smoke inhalation, had a higher incidence of lung cancer while it turns out that the incidence of heart disease might be about ten times as great. We haven't reviewed it, but the study suggests a link between passive smoking and several causes of death. So it's really for that reason, as well as for the health of the smoker himself, that we should not have smoking within the facilities—in the workplace, in restaurants, and in other public places.

Dr. C. S.: We know that smoking causes low-birth-weight babies and that our teenage girls are smoking, but isn't poor nutrition also contributing to high infant mortality in this group? After reading about the research you have done on folates, I'm interested in your thoughts on whether giving *preconception* multivitamins containing that B vitamin (folic acid), to adolescent girls with poor diets might not be a way to prevent serious birth defects. Some studies in England showed that high-risk pregnant mothers didn't have a second spina bifida baby when given multivitamins with 800 micrograms of folate *prior to conception*, while those taking multivitamins without folate did not decrease their risk. We'd like your ideas about how we can use our Children's Better Health Institute to help adolescents and teenagers prevent spina bifida and other birth defect babies. Would you suggest giving

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Dr. Sullivan makes his pitch for a healthier America. Backing him up are Arnold Schwarzenegger, the chairman of the National Council on Fitness and Sports, and two of Sullivan's biggest supporters, President and Mrs. George Bush.

adolescent girls of childbearing capability (those likely to become pregnant) pre-conception supplemental vitamins with folate because their diets are traditionally poor during adolescence?

Dr. L. S.: Sure. Well, I would say certainly, very definitely. But what I would also want to do is to be sure that we have programs in place for those teenagers and others to really give them good advice on nutrition, because so often we have people who simply consume a lot of junk food and have no idea just how calorically or nutritionally poor such foods are. So I would be certain to do that as a first step and certainly for anyone during pregnancy, because we know that the folic acid requirement increases during pregnancy. I think folic acid supplements certainly are indicated.

Dr. C. S.: Do you have ideas about controlling the predicted population explosion when we will run out of flight paths for all the airplanes and essentials like food? Dr. Noel Perrin, a professor of English at Dartmouth, wrote an editorial appearing in the *Post* in which he has a solution to prevent death from overcrowding on the planet. He suggests that population control could be accomplished at substantial savings by paying all 13- to 53-year-old females not to have babies. A nonbearing girl the year after puberty would receive a check for $500, the second year $600, and on up to menopause at 53, when she would be getting about $4,500 per year. Those choosing to have babies would be paid again when they went another year without a baby. A woman could receive around $100,000, which Dr. Perrin calculates would be about half the cost of bringing up one abandoned child in New York City and less than a fifth of the cost of bringing up one psychologically disturbed child in the District of Columbia.

Power-walking for a cause, Louis and Ginger Sullivan, with their daughter, Shanta, relax with "Today's" Willard Scott after completing a 5-K walk in the "Washington Race for the Cure" held in June to raise funds for breast cancer research.

I wonder if you think his ideas might also be an innovative way of encouraging the junior-high and high-school girls not to get pregnant by rewarding them with increasing payments for each year they refrained from having babies.

Offhand, do you think

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March 10, 1989, is a date the Sullivan family will remember forever. On that auspicious day, Dr. Louis W. Sullivan was sworn in as U.S. Secretary of Health and Human Services. Joining him in his new office are, from left to right, his son Paul; his daughter, Shanta; his wife, Ginger; and his son Halsted.

this approach has any merit?

Dr. L. S.: I'd want to think about that. Certainly I agree with the objective of discouraging teenagers from becoming pregnant, because first of all, they are themselves still children, they have not yet finished their own development and their own education in most instances. I think it's a tragedy for the teenager when pregnancy occurs, and secondly they're physiologically not ready for pregnancy. That's where we have a high incidence of low-birth-weight babies, as you mentioned, and complications—cerebral palsy and high infant mortality, etc. So clearly I think we need to do everything we can to discourage them. Now whether a monetary award like that would be the way to go—I'd want to think about it. Of course the question is who is going to pay for it. Is that the federal government, the state government, private sector, or foundations?

Dr. C. S.: According to Dr. Perrin, the government would save, because he estimates it costs $200,000 to bring up one abandoned baby in New York and more than double that amount to rear a psychologically disturbed child in a group home in Washington, D.C. Out in Iowa, where I'm from, they say what you subsidize you get a lot of. When soybeans are subsidized, the result is a surplus of soybeans. So if we're subsidizing unwed youngsters who have babies then we'll probably get a lot more premature babies with birth defects.

Dr. L. S.: Well, I want to look at his paper—that's an interesting thought.

Dr. C. S.: You're in charge of the FDA and the National Cancer Institute. We were pleased when Kellogg came out with the "lessen your colon cancer risk with fiber" campaign. We've been interested in fiber since we went to Africa years ago and learned of Denis Burkitt's discoveries there. You probably know him.

Dr. L. S.: Yes. Burkitt's lymphoma.

Dr. C. S.: We were caught up with his enthusiasm for preventing disease with fiber, and we then wrote the first *Bran and Fiber Cookbook.* Well, we were delighted when Kellogg came out with the National Cancer Institute story about fiber on their cereal boxes because they printed millions of boxes and people could see it and the idea would catch on faster. They printed facts straight from the NCI, but then at the same time the FDA was saying that's a no-no, you can't put that on a food box. You can sell it—the NCI can spend tax dollars trying to educate the public—but you can't put it on a cereal box. How do you address that?

Dr. L. S.: Sure. I think this shows we need to have some better coordination within agencies in the public health service. But overall, I think the evidence concerning fiber is really quite convincing, at least in terms of colon cancer.

Dr. C. S.: And soluble fiber like oat bran for preventing heart attacks. The cereal people have a bigger advertising budget than the government—they reach far more people than our books and magazines can. People who can't afford to buy magazines can see the information in the supermarkets and in their kitchens if it's on their All-Bran or Quaker Oats boxes. But do you feel uneasy about putting health messages on foods when the health messages are true?

Dr. L. S.: No, no. I think that should be done, but we are right now in the midst of developing proposed rules on that, which I announced about

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Secretary Sullivan told us how he came to be chosen as President Bush's No. 1 health officer. After our interview, we were invited to a meeting with one of his shining lights, Surgeon General Antonia Novello, and the National Advisory Committee on Smoking and Health.

four months ago—proposals for nutrition labeling of processed foods. We are working on coming forward with those. Again as part of that we have an ongoing evaluation of health messages on foods also. First of all, we want to be sure that our public understands what's in the box of cereal or what have you and then that they do get accurate information as to whether the consumption of this is shown to be associated with lower incidence of colon cancer or helps with high cholesterol or. . . .

Dr. C. S.: Right, and that's where literacy comes in. You're probably here [in the President's Cabinet] because of your interest in literacy. Aren't you really?

Dr. L. S.: Yes, right.

Dr. C. S.: We feel that being illiterate is a health problem because if people are illiterate they aren't going to learn and they're the very ones who need health information the most.

Dr. L. S.: Very definitely. Very definitely. I think that indeed there is a connection because someone who is not literate can't receive these messages. It's difficult for them to get a job. Even to not read street signs in a new city . . . fill out an application for employment, etc. So yes, I think there's very definitely a connection, and even beyond that, say when it comes to something like smoking, as

The Surgeon General, a pediatrician, introduced us to one of her most ardent warriors, Officer Bruce Talbot. "I love the guy for what he's doing," she told us.

The Post's editor congratulated Dr. Novello on the Talbot report and invited Talbot to Indianapolis to repeat his spectacular performance.

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you know, there's good evidence that the higher the level of educational attainment, the lower the incidence of smoking.

Dr. C. S.: You would be so sorry to see the U.S. tobacco advertising in areas where people are starving. Have you been to Ethiopia?

Dr. L. S.: No. I've been in Zimbabwe and Tanzania.

Dr. C. S.: In Ethiopia they have "Winston" and "Marlboro" ads all over the sides of cars, and in their big country club in Addis Ababa, there were huge signs for cigarettes on the clocks. No warnings at all. And out in the camps teenage Ethiopian boys were smoking cigarettes while feeding the refugees. When I told them of the harm, they were surprised . . . completely unaware of any risk. I gave them Nicorette and they believed me, and the next day when I came back, they weren't smoking, they were chewing their Nicorette. No one had ever warned them before. Do you feel strongly about trying to keep the United States from sending cigarettes to Thailand and other countries and saying, "You take these cigarettes or we won't buy your products"? Do you worry about that?

Dr. L. S.: I worry about that, but it's one of those difficult issues because that really gets over into the responsibility of our U.S. trade representatives. But what I have done is this: About three weeks ago, I was at the World Health Organization's annual meeting in Geneva. In my report to the Ministers of Health there and their 166 nations around the world who are members, I stressed the dangers of tobacco and what we were doing here in the United States to discourage tobacco use generally, and certainly focusing on teenagers, and indicated our willingness . . . and indeed our desire to work with other nations that would want to mount similar efforts, similar programs, so that we could help them there.

Dr. C. S.: You personally just got sick when you tried to smoke long ago.

Dr. L. S.: Oh, yes.

Dr. C. S.: So you never really sullied up your lungs from smoking, and you power walk three miles a day with Ginger.

Dr. L. S.: Yes, right.

Dr. C. S.: Could you tell our readers how it helps you? Do you feel fantastic or do you think better?

Dr. L. S.: Absolutely. It helps tremendously. First of all, I started about 11 years ago in a weight-control effort because I was going to so many luncheons and dinners, etc. So I started to walk three miles every morning at a brisk pace just to burn off calories, but I found that my level of energy throughout the day is much better, and that my clarity of thinking is also better. I find that when I travel to different time zones, my ability to adjust to a different time zone is much easier.

Dr. C. S.: Do you carb up? Do you eat high complex carbohydrates, low fat? How does Ginger keep you looking so vitally healthy? Do you care if I ask her for some recipes?

Dr. L. S.: No, that's fine. You'll have to get those from her because I frankly don't pay that much attention. I do tend to watch my caloric intake and fat intake too. For example, I will have for breakfast, typically, a glass of grapefruit juice and then some bran flakes with skim milk and coffee, and that would usually be it. For lunch I'll have something like tuna fish salad or broiled chicken with broccoli or something like that.

Dr. C. S.: Broccoli?

Dr. L. S.: Of course.

Dr. C. S.: If you can find any in Washington. Is it getting scarce?

Dr. L. S.: Yes, I told the President that he was making my job difficult. I'm afraid I didn't convince him that he should eat his broccoli.

In the evening, we will tend to have chicken or seafood. First of all, we happen to love vegetables and fruit. Red meat—we might consume it three times a year, if that. Usually it might be when we're out someplace and there's almost no other choice. I also tend to watch desserts. I love ice cream. That's where I'll fall off

Full of fun and full of life, our Surgeon General is known for her quick wit. She's dedicated to making life longer, in good health, for all Americans.

A button worn with pride in Woodridge, Illinois.

It will take the combined efforts of small-town officials and national leaders to win the fight against juvenile smoking. Every step helps, from the "We Don't Sell to Minors" campaign of Officer Bruce Talbot of Woodridge, Illinois, to the Kennedy-Hatch Tobacco Control Act, Senate Bill 1883, authored by Sen. Edward Kennedy.

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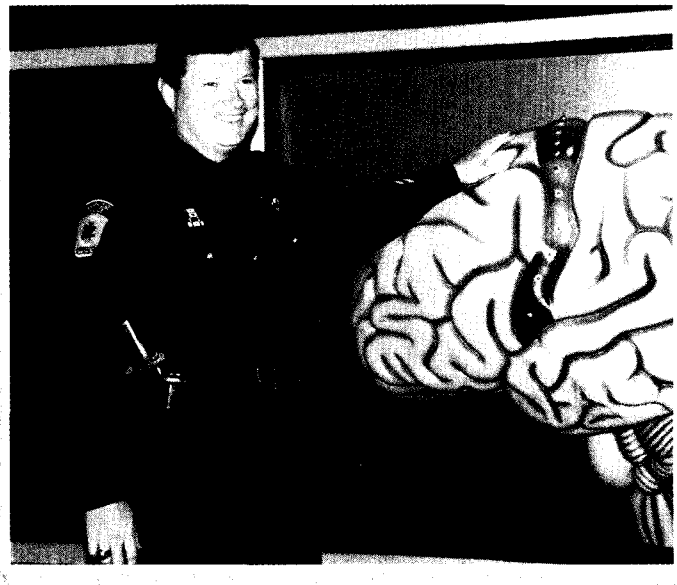

At the Ruth Lilly Center for Health Education, Officer Talbot admires the model brain depicting the effects of another great threat to teen health—alcohol. Each drink reaches deeper into the brain, depriving the drinker first of coordination and finally of such subtler faculties as speech and vision.

Preceding Officer Talbot's address to the Drugs and Alcohol Symposium at the Ruth Lilly Center for Health Education, he was introduced by deputy mayor Paula Parker Sawyers. She hopes Indianapolis will pass an ordinance to revoke licenses of cigarette retailers who sell to kids.

the wagon, but other things like pastries and baked goods I don't bother with. In the evening, I used to have one or two glasses of wine when I got home, but I stopped that for three reasons: one, calories; the second is that it would make me sleepy; and the third is that it would make me hungry so I would eat more. So I now will have a glass of sparkling water with lime because basically I found, for me at least, that I simply wanted to have something in my hand.

Dr. C. S.: What about caffeine? Are you into coffee drinking?

Dr. L. S.: Right. Caffeine. I have to admit I take it. I frankly don't care for decaffeinated coffee, so that's one of those things that I haven't given up. I used to also take in a fair amount of salt, but I have now gotten away from that, though my blood pressure is normal; it has never been a problem.

Dr. C. S.: Do you take any kinds of supplemental vitamins?

Dr. L. S.: Yes.

Dr. C. S.: Magnesium, calcium?

Dr. L. S.: Yes. And usually I'll take a multivitamin, you know, and B complex with C, in the morning.

Dr. C. S.: What about NutraSweet? Do you feel comfortable with that?

Dr. L. S.: I don't use artificial sweeteners.

Dr. C. S.: I read of your sickle cell research in the *New England Journal*

Andy Wickham, a volunteer for the Children's Better Health Institute in Indianapolis, shows Talbot posters he distributes. Thanks to Talbot, Andy is now an honorary corporal in the Woodridge police department's clean-lung crusade.

photos by Mike SerVaas

Officer Bruce Talbot is greeted outside Post *headquarters in Indianapolis before delivering his important message to civic leaders. For Talbot, it was yet another step in his national crusade against juvenile smoking.*

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[*of Medicine*]. I was wondering if you see in the future a time when we might be able to do bone marrow transplants on a seriously ill sickle cell patient.

Dr. L. S.: Yes, I think that that is certainly feasible, as well as our great capacity that will be coming out of our human genome project of possibly even correcting the genetic error in patients with sickle cell disease. Now that's yet to be determined, but I think that from what we are learning in terms of the human genome, as well as our tremendous capabilities in gene splicing, that that is entirely feasible. So I would not be surprised before the turn of the century to see a cure for sickle cell anemia from either bone marrow transplants or from genetic gene splicing, or both. And I think that would be a very exciting time.

Dr. C. S.: As technology advances and we have so many things that we can do for people, do you worry at all that we will have to *ration* what we do and for whom? We understand that in England now, if you're 55, you can't get kidney dialysis; they won't do it after 55. These people must die with their uremic poisoning. Do you foresee that if we don't control our health costs we will have similar medical care rationing in this country?

Dr. L. S.: Well, that's something I am very concerned about, of course. We already see some efforts of that in Oregon. And what I'm hoping is that by stressing health promotion and disease prevention, we will be able to avoid a number of the problems we now have. My staff, for example, has data suggesting that between 50 and 70 percent of the causes of premature death and disability in our society could be alleviated by control of only ten risk factors.

Dr. C. S.: Smoking . . . drinking?

Dr. L. S.: Right. Use of seat belts, proper diet, avoiding illicit drugs and eliminating teenage pregnancy and other high-risk pregnancies causing high infant mortality. *I think we need to focus on more health promotion and disease prevention.* The tobacco effort is part of that.

Dr. C. S.: As a means of cutting health costs, would you go so far as to look at routine neonatal circumcision as being a cosmetic or religious practice without valid medical indications?

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Beulah Coughenour and Carlton Curry, members of the Indianapolis City-County Council, become button-carrying members of the "We Don't Sell to Kids" campaign. For Secretary Sullivan's efforts to succeed nationwide, community leaders like these must pass his model ordinance.

Civic leader John Kitchen, a longtime friend and attorney for the philanthropist Ruth Lilly, was impressed with Officer Talbot's gripping lecture. "This fellow's darn good," he said. "Is he an educated man or just one who should have been?" he asked. We learned that Talbot has two degrees: a master's degree in public administration from Roosevelt University in Chicago and a bachelor's degree in law enforcement from Southern Illinois University in Carbondale.

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WOULD YOU SELL CIGARETTES TO CHILDREN?

Many do. One billion packs a year reach teenagers. Tobacco is a gateway drug. Kids can't take marijuana fumes until they have conditioned their throats with cigarettes.

by Officer Bruce Talbot

"Isn't it illegal to sell cigarettes to 13-year-old students?" At the time the principal of Jefferson Junior High School asked me that question, I did not know the answer. As a police officer assigned to teach drug prevention to the more than 1,500 students in Woodridge, Illinois, a suburban Chicago community, I had received numerous complaints from teachers, parents, and even students that Woodridge merchants were selling cigarettes to minors.

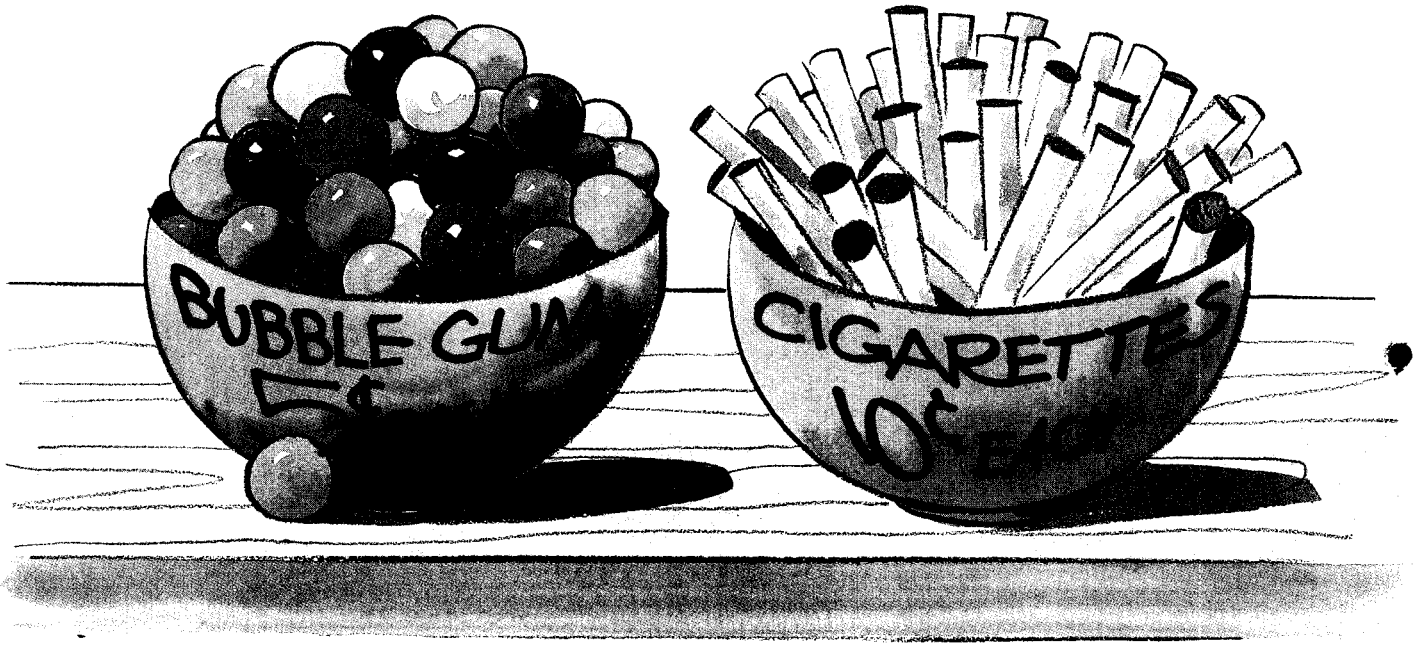
What sparked the question from the principal was an incident involving a 13-year-old girl who was seen buying a pack of Marlboros from a Mobil Oil gasoline station just two blocks from the school. Cigarette possession by students is a school violation. The principal confronted the student, found cigarettes in her purse, and suspended her from school. Then he called me. "Isn't there something the police can do to stop this?" he asked. "I'll find out," I told him.

Illinois has an archaic state law adopted in 1887 that prohibits the sale of tobacco products to anyone under the age of 18. The law is a weak deterrent today. The penalty for violation is only $50. The manager of a gasoline station said he can easily average between $200 and $400 per day in cigarette sales.

The tobacco statute also has a loophole big enough to drive a truckload of cigarettes through: if a minor possesses a note from a parent or guardian, the child is exempt from the age restriction regardless of age. This means a police officer or a reputable merchant must verify the authenticity of a note before enforcing the law. Few parents are likely to want to involve their children in a police action over a forged note. I could find no evidence of the law's ever having been enforced.

The old statute, our chief of police agreed, is realistically unenforceable. But throwing in a bit of bluff is one of the tricks of the police trade. So in response to the principal's complaint, the Woodridge police sent a letter on city stationery to each tobacco-selling merchant. It stated that sale of tobacco to minors is a criminal offense under Illinois state law and also runs counter to our antidrug efforts. It closed with a warning that arrests would be made for repeat violations.

Perhaps I should explain why adolescent smoking is so important a factor in our antidrug efforts—because cigarettes are a "gateway drug" for



Would any adult pay ten cents each for cigarettes? So who would? The adolescents with their pocket change, that's who. That's why these bowls can be found on checkout counters right beside the bubblegum.

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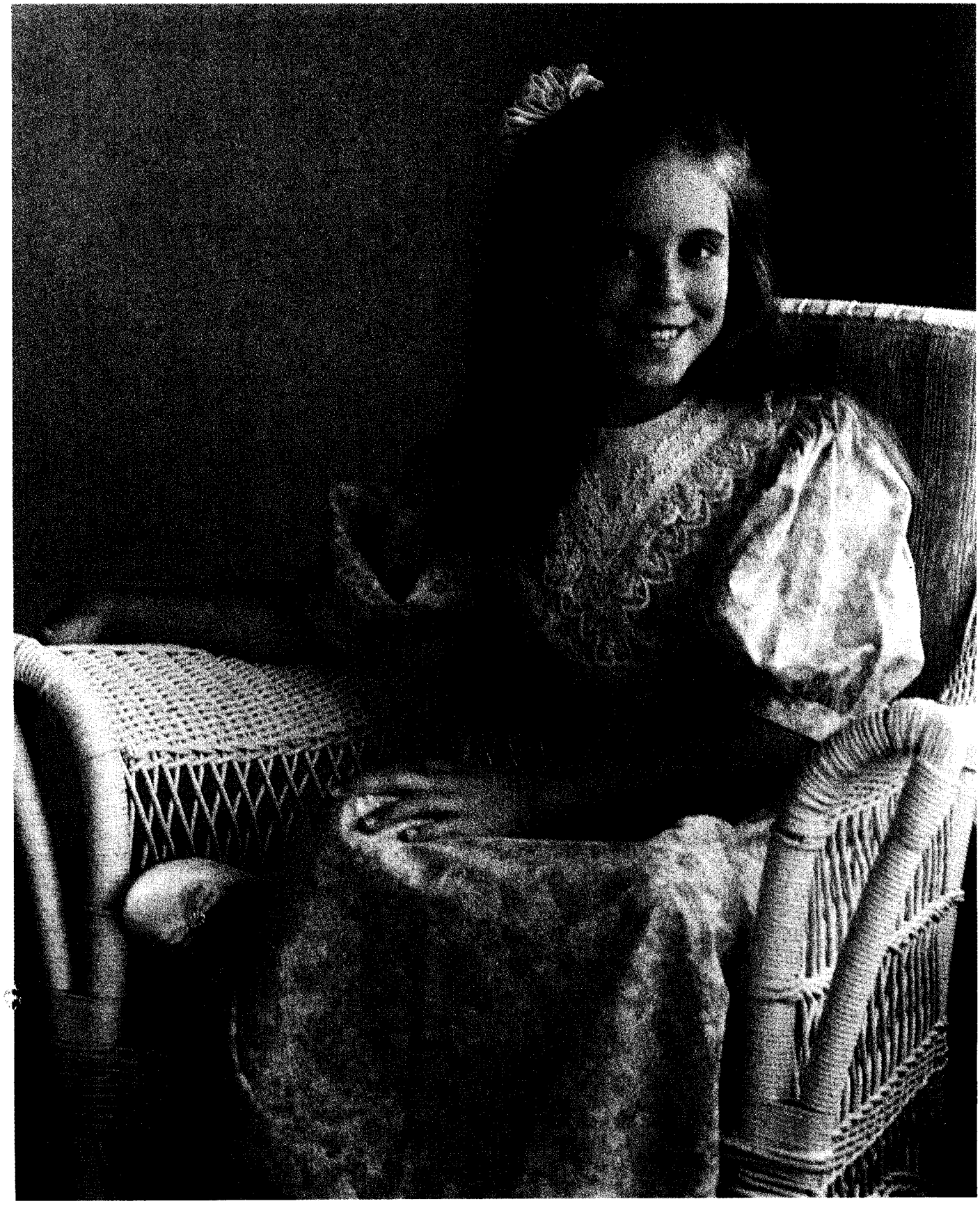

She's 12—the average age children begin smoking in Woodridge, Illinois. Will advertisements of beautiful models smoking cigarettes lure her into a lifelong addiction? If so, an Illinois "sting" proved most tobacco retailers would sell cigarettes to her. National average for beginning smokers: age 13.

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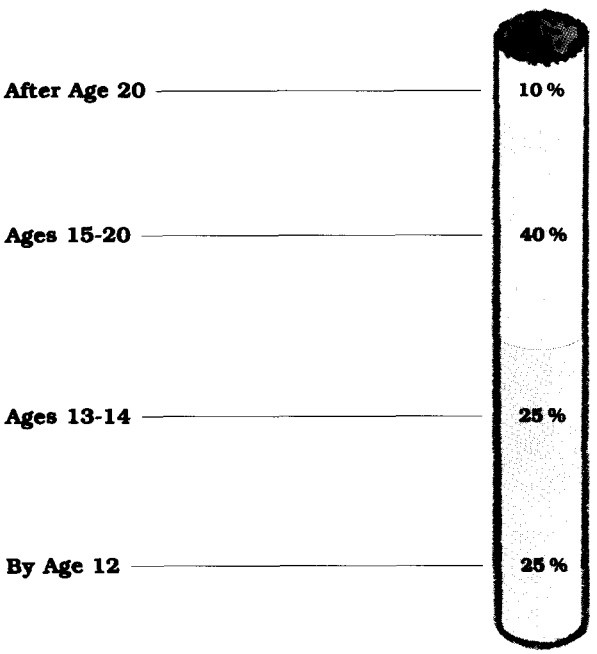
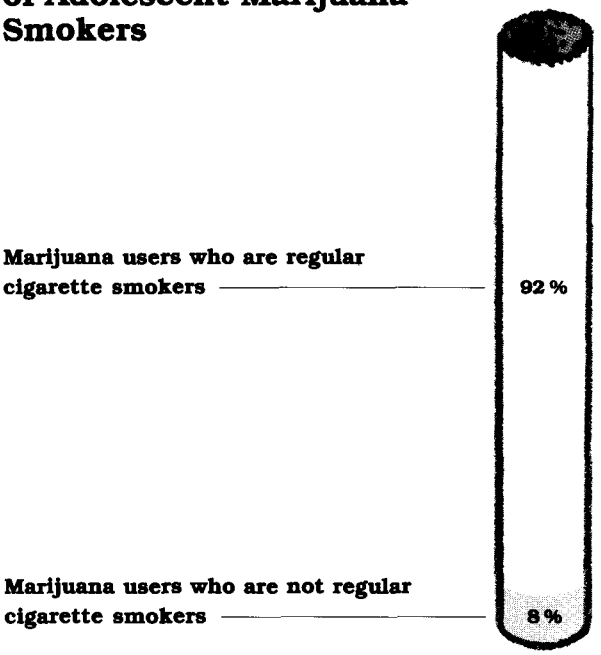
Tobacco Use Begins Early



Although it is against the law in almost all states, billions of cigarettes are sold each year, addicting a new crop of youngsters. Five million minors regularly use tobacco products—at an annual cost of $1.25 billion.

Cigarettes As "Gateway Drug" of Adolescent Marijuana Smokers



Cigarettes are adolescents' "gateway" to illicit drugs. Officer Talbot believes "we will not make significant progress in the war on drugs until we address the issue of adolescent access, use, and addiction to tobacco."

teens. What starts as cigarette use and addiction at age 13 becomes marijuana use and dependence at age 15 and crack-cocaine smoking and addiction at age 17. There is a very real physical connection. Adolescents are unable to successfully deeply inhale and hold harsh marijuana smoke without first becoming accomplished cigarette smokers. Without cigarettes' "training" the lungs, adolescents merely cough up the marijuana smoke and are unable to become intoxicated. Ninety-two percent of regular adolescent marijuana smokers are also regular cigarette smokers, according to the National Household Survey on Drug Use.

The school was very happy with our letter, and the case seemed closed until I saw a news report on Channel 2 television, Chicago. A DePaul University study had found that 87 percent of merchants were selling tobacco to minors in violation of the 18-year age limit. The next day I called the study's author, Dr. Leonard A. Jason, to tell him how we had solved the problem in Woodridge.

"How do you know you solved the problem?" he shot back. "You won't know what effects your letter has had until you have scientifically tested for it." He said he would be happy to help with the test as an unpaid consultant.

I recommended to the chief of police that we run the test. "It will make us look good, chief," I said. "O.K.," he responded. "Good idea."

With Dr. Jason supervising, we decided to repeat the university study in Woodridge. We enlisted 13-year-old student volunteers to enter stores and ask for packs of cigarettes. The students wore jeans and sweatshirts, but no jewelry or makeup. If asked about their age, they were to tell the truth—13. I watched each visit from an unmarked patrol car. The results were alarming. In spite of the written warning, 83 percent of Woodridge merchants sold cigarettes to the teens. So much for all that good publicity.

The threat of the state law was obviously no protection, so on March 23, 1989, the town of Woodridge drafted a new city ordinance licensing the sale of tobacco products. That license has proved amazingly successful and has become a model for surrounding communities. It works much like a liquor license and costs only $50 to cover administrative and printing costs. Each licensee must post a sign in bright red, one-inch-high letters near every tobacco display that reads "The Sale of Tobacco Products to Persons Under Eighteen Years of Age Is Prohibited by Law." Sales to minors can result in suspension of the merchant's license to sell tobacco products and a fine of up to $500. Repeat offenders may have their licenses revoked.

To further limit cigarette accessibility, the law requires remote control and electronic lockup devices on vending machines. These devices, called Utah Remote, cost less than $50 and can be installed in 30 minutes. The locks are not required on machines placed where minors are prohibited.

The ordinance sets a minimum age of 18 for selling tobacco products to help eliminate the problem of younger salesclerks who might sell because of peer pressure. The ordinance also limits the free distribution of tobacco products to licensed merchants' stores. No one may distribute tobacco products within 100 feet of a school, child-care facility, or any building used for education or recreation programs for children.

Finally, minors may be cited with a

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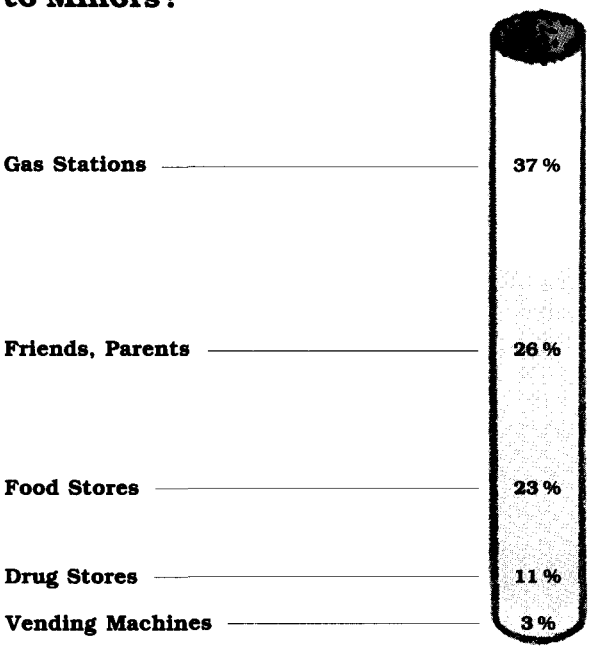
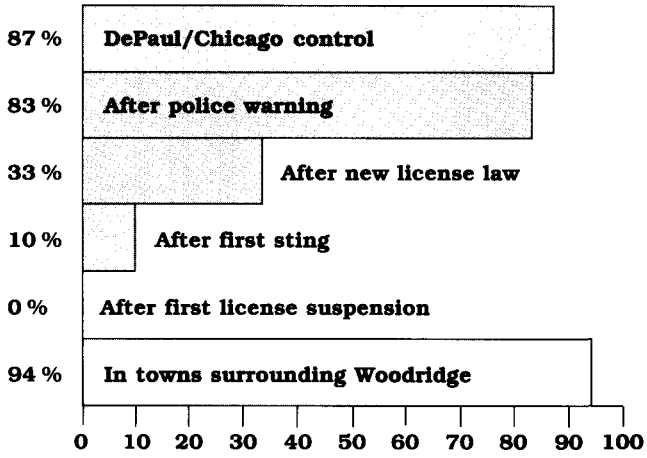
Who Supplies Cigarettes to Minors?



Communities that succeed in eliminating vending machines may not realize that only 3 percent of the 20 billion cigarettes sold to kids each year come from vending machines.

DePaul University and Woodridge Police Department Study



A DePaul University study found that 87 percent of Chicago merchants violated the 18-year age limit by selling cigarettes to minors. Even after a police warning, 83 percent of Woodridge merchants continued to sell cigarettes to 13-year-olds. It took a new license law, a successful "sting" operation, and a license suspension for merchants to comply. In surrounding communities, 94 percent of the merchants still had no qualms about tarring the lungs of the innocent.

mail-in "parking ticket" fine of $25 for possession of tobacco products and $50 for attempting to buy them. The citation doesn't go on the police arrest record, and we don't go sweeping through malls looking for kids with cigarettes. We do use the law when contacting minors for other violations, such as curfew infringements or juvenile nuisance and disturbance. Each officer attempts to contact the offending juvenile's parents before the end of his tour of duty. I feel it is unfair to place the entire onus of the law on merchants. Merchants who are harassed for refusing to sell to minors now have the option of calling the police.

Woodridge is consequently one of the few communities where it is illegal for children to smoke or possess tobacco. Only 12 states have such a law.

To make sure merchants were aware of the ordinance, we hand-delivered copies to them and advised that police would be monitoring compliance with 13-year-old special agents.

There followed a series of "sting" operations. The first of them found 33 percent noncompliance. The mayor issued warnings but no fines. The next enforcement showed just 10 percent noncompliance. This time the offenders, two national chain gasoline stations and one regional chain drugstore, received one-day license suspensions and $400 fines, none of which was contested. Our third and fourth sting operations showed 100 percent compliance with the tobacco ordinance. This, according to Dr. Jason, was a "first" in the country.

Unfortunately, Woodridge is only a small community surrounded by other communities with no such tobacco ordinance. Children can easily walk across the street to neighboring communities and buy cigarettes.

Our survey of 650 students at Jefferson Junior High School found 16 percent already are regular cigarette smokers, most having started at age 12. Fifteen percent of the regular smokers use a pack a day.

I recently received a phone call from the principal of Lovejoy Elementary School in Alton, Illinois. He discovered a third-grade student, nine years old, with a tin of Hawken ruff cut Wintergreen dipping tobacco. The child said he had been buying it at the Clark gasoline station in front of his school bus stop.

In Woodstock, Illinois, I observed a merchant selling unpackaged individual cigarettes for a dime. The cigarettes were in a clear plastic container next to a red plastic bowl of bubblegum for a nickel. Although the clerk pleaded ignorance, it was clear the display was targeted at children. Few adult smokers would buy one cigarette for a dime. Such unpackaged sales are not illegal, according to the State of Illinois Revenue Department and the Federal Bureau of Alcohol, Tobacco and Firearms, as long as the original tax was paid and the health warning was displayed somewhere on the container.

One purpose of government is to protect those in our society who are unable to protect themselves from danger. Certainly the protection of 12- or 13-year-old children from easy access to large quantities of an addicting and known cancer-causing drug should be the responsibility of government.

Until federal or state governments are willing to address this threat to children, local communities like Woodridge, Illinois, will have to regulate

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THE MEINRAD MAYER GALLERY
IN THE
AMERICAN ILLUSTRATORS HALL OF FAME

At 96, the artist keeps his home studio ready for inspiration to strike, hoping it will be birds or wildlife, his favorite subjects.

The finest illustrators of this century and last have painted for *The Saturday Evening Post.* Indeed, for many years the *Post* was the standard of illustrator excellence by which all other magazines were judged.

The *Post* is now a repository of illustrator art from all over the country. It seems fitting, then, that we should sponsor the American Illustrators Hall of Fame in Indianapolis.

For the past two decades, many of the artists who once brought their work to our Philadelphia Independence Square offices have traveled to Indianapolis to see their original paintings hanging on our walls beside framed copies of the *Post* on which they appeared. Many of these artists are living to a remarkably old age. Some who visited us, we were saddened to learn, have since passed on to their heavenly homes. A few are still painting.

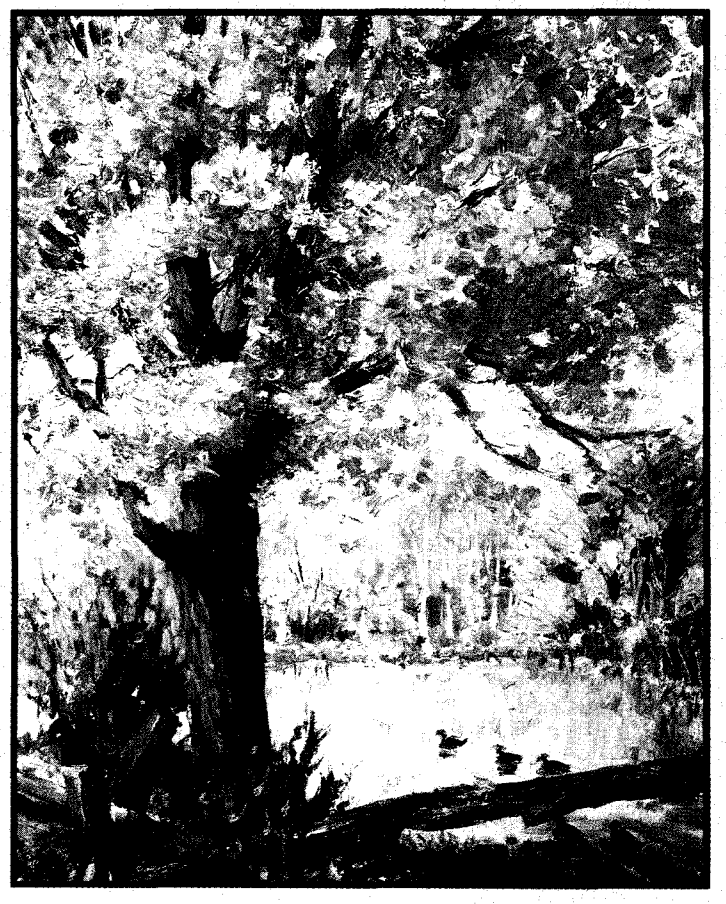
Some visiting artists were disappointed to discover that their paintings had disappeared from the walls of The Curtis Publishing Company in Philadelphia during the time it appeared that the company was crumbling. Some of the paintings that had strayed have been returned to their rightful home with the *Post.*

With this issue we begin a series of tributes to our cover artists, and we introduce our readers again to the works of Meinrad Mayer. Even though Mayer, at 96, has faulty vision, his artist's talent enables him to create work that others enjoy. One hundred and thirty of his paintings hang in the Meinrad Mayer Gallery, the first gallery to be completed in the American Illustrators Hall of Fame.

Meinrad Mayer is a man who spent most of his life giving pleasure to many with his versatile imagination and his

Meinrad Mayer's favorite subjects are wildlife and birds on the wing, as portrayed by the paintings on the following pages.

The Mayers' beloved cocker spaniel appeared on our March 1975 cover.



Autumn Glory 1954

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prolific paintbrush.

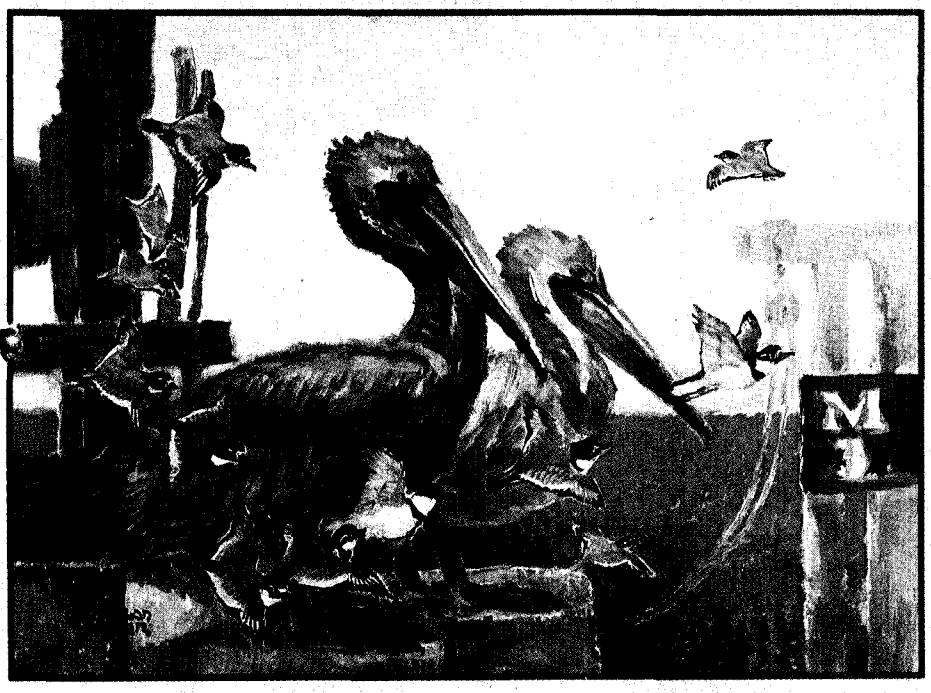
Meinrad Mayer, or Leo as he is known to his friends, is still painting in the tidy workroom of his home. Few of us get this close to the century mark, and those who do are often content to dwell in memories. Not so Leo, who keeps his studio clean and organized, ready for inspiration to strike.

Leo's career has touched nearly every artistic base. He studied art in Buffalo, New York, and began his commercial career in that city before World War I called him to Washington, D.C., where he became a medical illustrator for the Surgeon General's office. After the war, Leo headed up to New York City for a dozen years of work in advertising agencies before setting out on his own to work as a freelance illustrator. Like Norman Rockwell, Leo admired the work of J. C. Leyendecker. Leo too lived in New Rochelle, where Leyendecker painted.

While illustrator Leyendecker was becoming famous among the cognoscenti in New York art circles for his Arrow collar man, illustrator Mayer was becoming equally famous for his exquisite

continued on page 94

Redhead
1936



Pelicans and Plovers
1972

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Cherry Tree
1975

Zodiac and Time—1929

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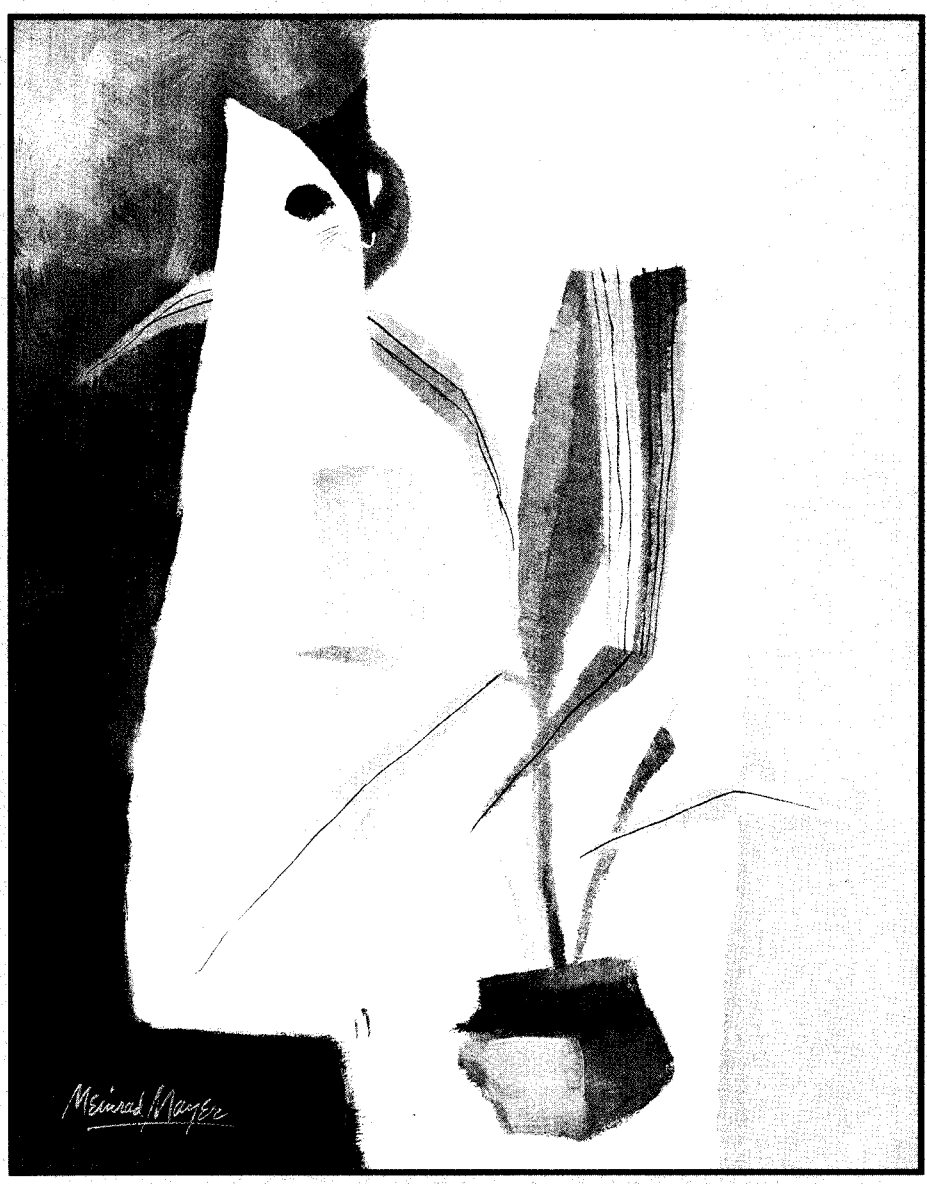

Leaves of Grass
1960

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Lovebirds—1960

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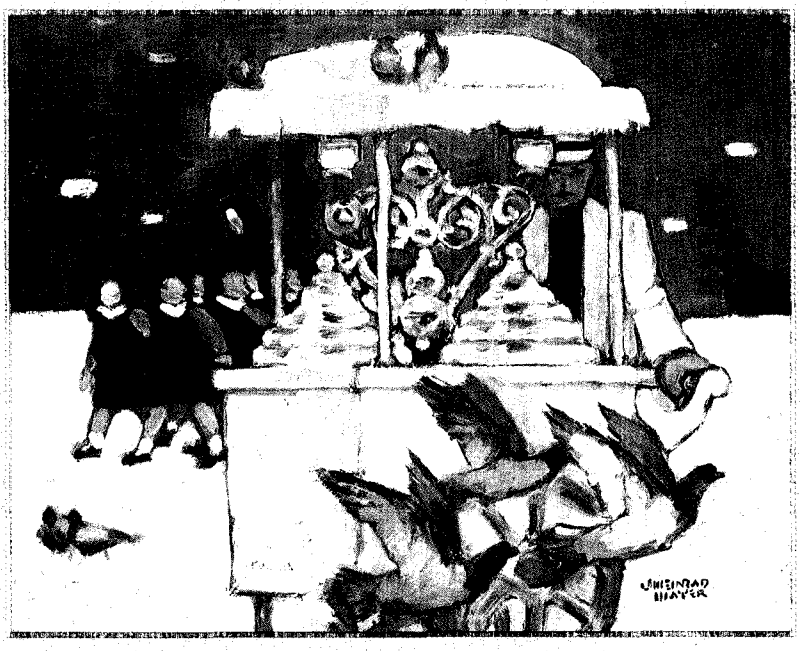
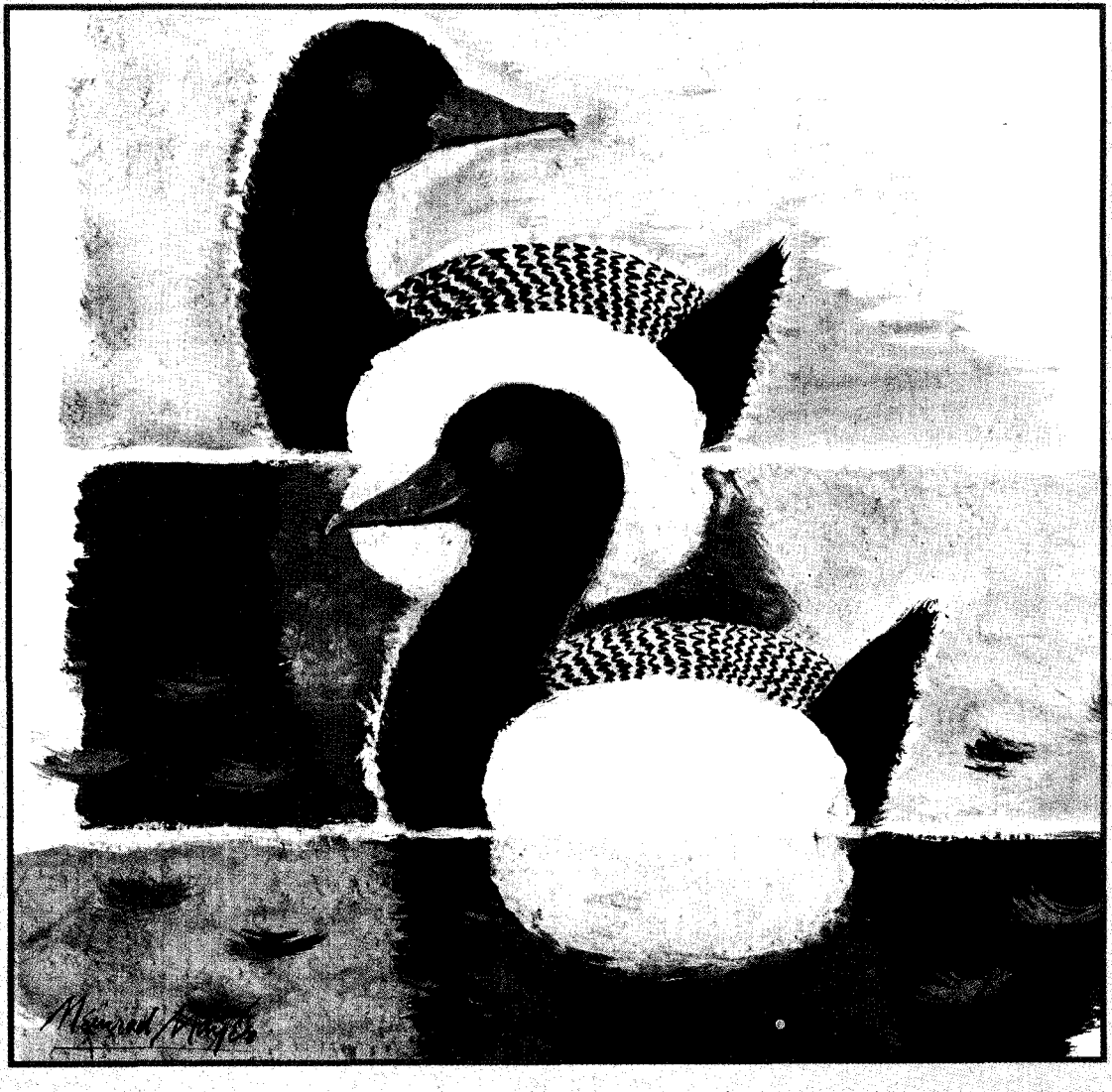


Venetian Spumoni
1970

Hallowed Ducks
1960



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Botts and the Jet-Propelled Tractor

When his Earthworm equipment and a lucrative deal get bogged down in thawing muskeg, Alexander Botts finds a surefire solution.

BY WILLIAM HAZLETT UPSON

Illustrated by Albert Dorne

Synopsis: *Hamilton Hawkesbury, the impatient chairman of the board of Mineral Development Company, is not very happy. First he had been talked into postponing his meeting about a lucrative deal with Gilbert Henderson, the president of Earthworm Tractor Company, by none other than the Earthworm salesman Alexander Botts. Next he had been lured to the wilds of northern Ontario to inspect undeveloped mining land that belonged to Botts' old army friend George Humber. Hawkesbury now finds himself stranded with the two men after a sudden rain washes out the makeshift airstrip. What's more, Botts, in trying to fix the runway using Humber's Earthworm tractor, has stuck the wheel scraper in soggy muskeg. Botts has not made a good impression—Hawkesbury has vowed never to deal with Earthworm Tractor Company again. He has radioed for jet-assisted takeoff engines to attach to his plane so that he can take off and meet with Behemoth Tractor Company, Earthworm's arch competitor.*

TELEGRAM
EARTHWORM CITY, ILL.
APRIL 23, 1948

ALEXANDER BOTTS
ASPEN FALLS AIRPORT
ASPEN FALLS, ONTARIO

I REPEAT MY PREVIOUS DEMANDS, AND I DON'T CARE WHETHER MR. HAWKESBURY LISTENS IN OR NOT. YOU WILL APOLOGIZE AND TELL HIM I AM NOT SENILE. NOT DODDERING. AND I KEEP MY PROMISES. YOU WILL DO EVERYTHING POSSIBLE TO FACILITATE HIS DEPARTURE FROM THE MINE AND YOU WILL URGE HIM TO COME

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TO EARTHWORM CITY AT ONCE TO NEGOTIATE THE CONTRACT WITH ME.

GILBERT HENDERSON

ASPEN FALLS, ONTARIO
Saturday, April 24, 1948

DEAR HENDERSON: Yesterday the JATO stuff arrived, and the three of us flew down here to Aspen Falls, where I found your telegram awaiting me. Mr. Hawkesbury is not coming to Earthworm City at this time because he does not want to waste his time on negotiations which, under the circumstances, would not mean anything.

In my previous letter I told you what had happened up to Wednesday night. All day Thursday, George and I shoveled dirt out of the scraper. By evening the load was slightly lighter, and we made another attempt to pull the scraper out of the muskeg with the tractor. This time we moved it slightly, but we did not have enough power to drag it all the way out.

Early Friday morning, Mr. Hawkesbury got word over the radio that the plane with the JATO supplies was arriving. He insolently ordered George and me to be on the alert and to watch where the parachutes fell, so we could haul the supplies to the plane with the tractor. As we were still hoping to make a good impression on this arrogant lout, we had to obey.

While Mr. Hawkesbury went back to his radio, we started the engine and waited. The plane came over. It let loose two parachutes, one after the other. The wind blew them sideways, and they landed about a mile away. Keeping our eyes on the spot, we drove the tractor cautiously through the bush. We found the two chutes close together. Attached to each was a heavy case. We opened one of them. Inside was a cylindrical tank a couple of feet long and about a foot in diameter, with a nozzle and a couple of other attachments. There were also a coil of insulated wire and a pamphlet giving directions. George and I inspected the materials and read the pamphlet. We opened the other case, and found that the contents were exactly the same.

"George," I said, "we have here two powerful rockets. They weigh a little over 200 pounds apiece. According to the specifications, each one of them will deliver a thrust of 1,000 pounds for a period of 12 seconds. If this is enough to push a big airplane off the ground in half the usual distance, it ought to provide the added pull we need to get that scraper out of the mudhole."

George looked startled. "It might, at that," he said.

"No doubt about it," I said. "We can mount one rocket on each running board of the tractor. With the heavy logging chains that you carry in the toolbox, we can anchor them to the main frame of the tractor. The pamphlet here says they are electrically fired by battery current. The wires are here; we can connect them to the battery in the tractor."

"But what about Mr. Hawkesbury? Will he let us use his JATO rockets?"

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"My idea was to use them without asking him."

"But that would spoil everything," said George. "We are trying to make a good impression on this guy so he will sign a contract with your company and also finance my mine."

"Listen, George," I said, "if we deliver these rockets to Mr. Hawkesbury, he will use them to fly away, and we'll never see or hear of him again. He won't finance your mine. He won't sign up with my company. He will just go off and start consorting with those Behemoth people. He said so himself."

At this point we both heard Mr. Hawkesbury yelling in the distance. Apparently he was headed our way to see what was delaying us.

"Quick," I said, "we've got to work fast."

I grabbed one of the rockets. With a terrific heave I swung it up onto the running board. I rushed around to the toolbox and dragged out one of the heavy logging chains. I looped it round and round until I had the rocket securely anchored. I jerked out the wires and started connecting them up. Meanwhile, George was doing a similar job on the other side of the tractor. We finished about the same time. We spliced the two sets of wires together. We connected one of the terminal wires to the battery. George held the other one in his hand.

"All right," I told George, "when I give the word, all you have to do is ground the end of that wire on the mainframe or on any of the metal attachments, and it will shoot the works."

"O.K.," said George.

I climbed into the driver's seat. George sat down beside me, and I started driving back toward the mine. About halfway there we met Mr. Hawkesbury. We drove right past, but he came running after us. He climbed onto the rear of the machine, stood on the drawbar, and began asking questions over the back of the seat. By way of reply I merely opened up the motor and pretended I didn't hear him.

As we approached the place where the scraper was stuck, I backed around toward the spot where I had left the end of the wire rope. This rope, however, had curled and kinked and drawn back toward the scraper. I backed the tractor onto the ice at the edge of the muskeg. George and I leaped out and started to take the kinks out of the rope. By the time we got back almost to the scraper, Mr. Hawkesbury began yelling after us.

"What are all these wires?"

I looked up. The poor boob had climbed from the drawbar over into the tractor seat and had picked up the end of the wire which George had carefully laid on the seat cushion.

"Put that wire down!" I shouted.

Mr. Hawkesbury did so—on the steel floor of the tractor. And it was too bad. Both rockets went off simultaneously. There was a deafening roar, then a terrific burst of fire and smoke the like of which I had never before witnessed. But the most astonishing part was the fantastic and utterly unexpected performance put on by the tractor. At the time, I could not believe my eyes. I had left the gears in neutral. I had not set the brake. Furthermore, the tractor was standing on a sheet of glare ice. As there was nothing to hold it, one might have expected it to shoot forward at a terrific rate of speed. But it did not shoot forward. Neither did it shoot backward or sideways. It stayed right where it was, and it went into a truly terrific spin—whirling round and round in one place, and emitting vast quantities of smoke and flame like a giant pinwheel.

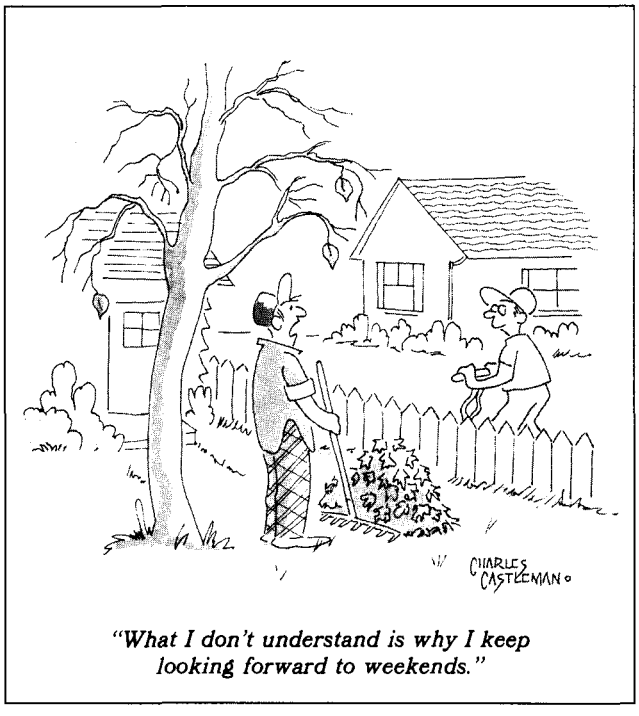
It was only later, after I had a chance to examine the remains, that I found out what had happened. In the hurry and flurry of putting the rockets on the tractor before the expected arrival of Mr. Hawkesbury, I had made a very natural mistake. I had installed my rocket wrong end to—with the nozzle pointing forward instead of backward. George, on the other side of the machine, had installed his rocket with the nozzle pointing to the rear. Because we had no time to check over our work, neither of us noticed this very interesting discrepancy in our arrangements.

When Mr. Hawkesbury, by his own interference, set off the two charges, he produced an effect much like a jet turbine and gave himself a truly sensational whirl.

George and I were far enough away to escape being burned, but we were near enough to get a tremendous thrill. For 12 long seconds we watched that incredible whirling mechanism build up speed. Then, after the smoke and flames and roaring ceased, we watched for what seemed like a longer period while the rotary motion gradually died down. Finally, when all motion had ceased, we rushed forward. Mr. Hawkesbury was still sitting in the seat of the tractor. Never have I seen a man so dizzy. His eyes were glassy. His conversation was a mere babble. We helped him off the machine. We supported him, one on each side. We helped him walk in a wobbling way to the cabin, where we put him to bed.

Then we went out and looked around. The first thing we saw was two more parachutes which had landed right on the landing strip. Apparently they had been dropped by the plane immediately after the first two, and while we were so busy that we had not noticed them.

We found attached to the second two parachutes two more rockets. Apparently Mr. Hawkesbury had planned to use four rockets for his takeoff. If four were required, there was obviously no sense in saving these two after the first pair had been used up. George and I, therefore, installed the second pair on the tractor—being careful this time to point both nozzles to the rear. Everything worked fine. The thrust of the two rockets, plus the normal pull of the tractor, was just enough to bring the scraper up out of the mud. The



"What I don't understand is why I keep looking forward to weekends."

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rest was easy. A few dozen scraper loads were enough to fill the gully. The bulldozer blade came in handy for smoothing up the surface. And by the middle of the afternoon the airstrip was in perfect shape.

Shortly before the end of the operation I had turned the tractor over to George, and brought Mr. Hawkesbury out of the cabin so he could see what was going on. He was still pretty wobbly, but by talking very loud I was able to get across my ideas. I handed him a truly terrific sales talk, and his response was so satisfactory that it suddenly dawned on me I had inadvertently discovered a brand-new selling technique—a method for breaking down unreasonable sales resistance and other mental aberrations. This new technique I have named gyrotherapy. It consists in spinning or rotating the patient for a sufficient period to relax his mind, break down his inhibitions, and shatter any morbid complexes, fixed ideas, and paranoic delusions which may be interfering with his normal mental processes. This leaves his mind in a soft and plastic condition where it can receive sound and logical ideas.

The effect it had on Mr. Hawkesbury was almost incredible. After only one vigorous gyrotherapy treatment he seemed to have gotten rid of all his previous false prejudices against the Earthworm Company, and against George and me. As I held him up outside the cabin and directed his wavering attention toward the Earthworm tractor, I asked him if he did not think it was the most marvelous machine in the world.

He said, "Yes."

I then explained to him exactly how we had used the rockets to give the tractor added power to pull the scraper out of the mudhole. "Do you not think this is a wonderful idea?" I asked.

He said, "Yes."

"Do you not think George and I have all of the splendid qualities on which your own success in life has been based?"

He said, "Yes."

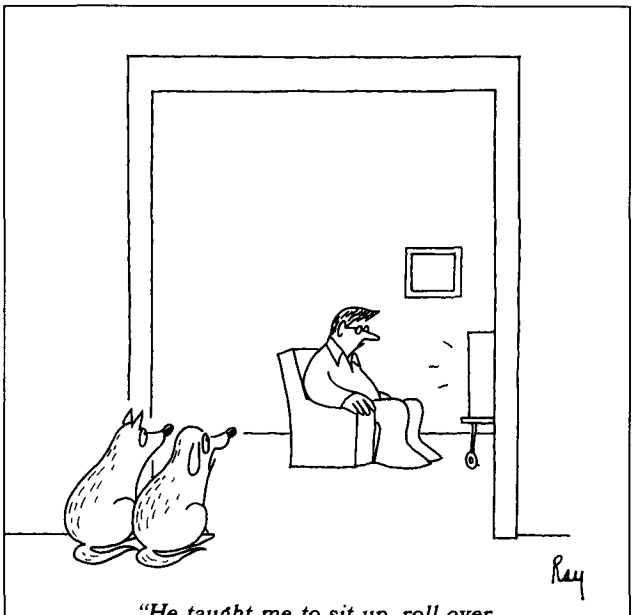
"Are we the kind of people you want to do business with?"

"Yes."

I pulled from out of his pocket the two copies of the contract which you, Henderson, had signed. I asked him to add his signature. He did. Then I rapidly drew up duplicate copies of an agreement by which he undertook to finance George's mine in the amount of $250,000. He signed these.

Meanwhile, George put the tractor and the machinery back in the shed. We closed everything up. We loaded Mr. Hawkesbury into the plane. And George flew us down here to Aspen Falls. We had Mr. Hawkesbury examined by a competent physician, who assured us he was in good health and would suffer no ill effects from his little whirl.

This morning came the payoff. The old guy showed up at breakfast completely back to normal—or rather he had relapsed into his previous condition of opinionated and pompous self-importance. He jerked his copies of the two contracts out of his pocket and demanded, "What is the meaning of these things? How did you trick me into signing them? I tell you, I won't stand for it!"



"He taught me to sit up, roll over, and beg, but I've never found any practical use for any of those things."

"Nobody tricked you," I said. "You signed those things because they are in accordance with one of the fundamental principles on which your entire success in life has been based."

"What do you mean?"

"You told us yourself that you employ only the best men and the best machinery. And you admire resourcefulness as well. Yesterday we demonstrated that the Earthworm tractor, if given a chance, can do a wonderful job of dirt moving."

"It did a pretty fair job, at that," Mr. Hawkesbury admitted.

"When George and I used those rockets to give the tractor an extra wallop, we showed resourcefulness, didn't we?"

"Yes, it was a good trick," said Mr. Hawkesbury. "After this I am going to have a lot of rockets around my mining enterprises. They're wonderful when equipment gets stuck in the mud." He actually smiled for a moment. Then he caught himself. "You two birds may be all right," he said, "but I am not going to be swindled into doing business with any such senile specimen as this Gilbert Henderson."

"You are completely wrong about Henderson," I said. "He is vigorous and intelligent. He always keeps his appointments. He is almost as competent as I am myself."

"But a couple of days ago you told me just the opposite."

"That," I explained, "was another example of the resourcefulness that you admire so much. It was merely a pleasant little fairy story that I used to persuade you to come out and look over the Humber mine. And it's a lucky thing for you I acted the way I did. Because of my efforts you have embarked on two enterprises that are going to be of great advantage to you."

"How do you know that I am going to go ahead with these things? It would serve you right if I backed out of both of them."

"Mr. Hawkesbury," I said, "one of the fundamental principles on which your entire success in life has been based is personal integrity. When you make a promise you always keep it."

Mr. Hawkesbury looked at me a long time. Then he said, "You win. You can write your friend Henderson that I will stay here about a week getting started on this Humber mine job. Then I will see him in Earthworm City—not to negotiate the contract, which I have already signed—but to discuss methods of carrying it out."

"Thank you," I said. "You are acting pretty well, after all."

"You are not doing so bad yourself," he said, expressing an opinion which is shared by yours truly,

ALEXANDER BOTTS

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TIDDLYWINKS, ANYONE?

The top tiddler of Richfield Center, Michigan, unfortunately couldn't leave well enough alone.

by Maynard Good Stoddard

Illustrated by Don Trawin

Although I have now attained the age at which I sometimes must refer to my driver's license if someone asks my name, when it comes to harking back to the days of my youth, no sweat. Next time you see me on the street—or sidewalk, because I seldom walk in the street; not yet, anyway—if you should jump out from behind a bush and yell, *"Hark back!"* nine times out of ten I could do it. How far back I could hark depends upon—I'm sorry, I've forgotten what it depends upon. In fact . . . what was it we were talking about?

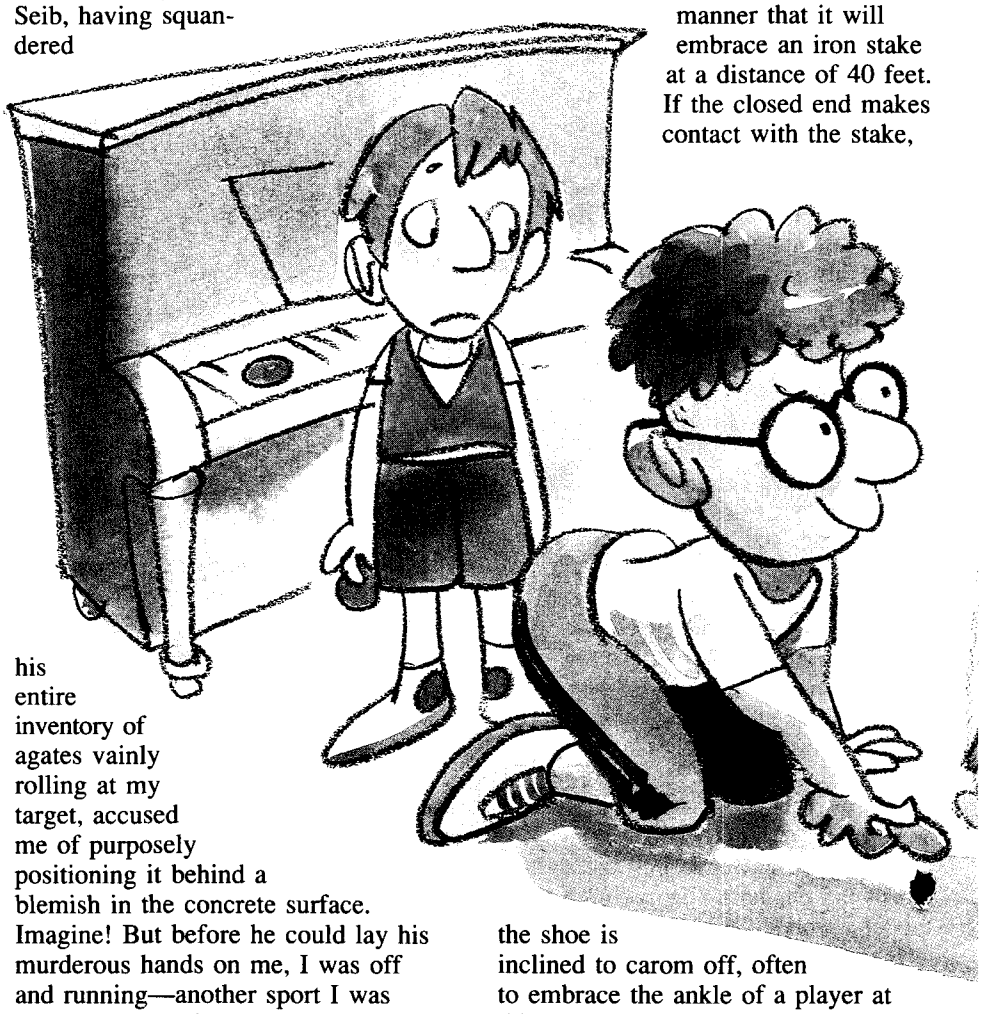
Oh, yes. An item in *Time* recently set my memory buds in gear by recounting George Plimpton's weekend at Camp David with our sports-minded President. What Plimpton thought would be three days of nothing more strenuous than bird watching turned out to be a period of open sweat glands from bowling . . . horseshoe pitching . . . wollyball (no, not volleyball) . . . skeet shooting . . . tennis . . . and even tiddlywinks.

Tiddlywinks did it. I, in all modesty, was once the top tiddler in all of Richfield Center, Michigan. I can remember tiddling all my winks into the cup while my opponent was still looking for his first one, which he often found lying on the piano keyboard. The secret was in luring my victims onto the spongy surface of our living room carpet. They never did get the hang of it.

After running out of competitors at age 10 (I was always young for my age; boys of my age were usually 12 or more), I graduated to the even more demanding sport of marbles. Not the citified version, shooting them out of a circle drawn in schoolyard dirt. This was the country version, rolling cheap clay agates at a "snotty" (excuse the term), a clear glass thing of beauty having a milky center.

Being a gifted child, I discovered early on that if I set up my snotty behind a hump in the kitchen-floor linoleum or a crack in the concrete entry at the schoolhouse, my chances of success were vastly improved.

Only once did this strategy threaten to cost me my life. Or worse. "Ham" Seib, having squandered his entire inventory of agates vainly rolling at my target, accused me of purposely positioning it behind a blemish in the concrete surface. Imagine! But before he could lay his murderous hands on me, I was off and running—another sport I was good at. The only reason I am here today is that after I vaulted the fence behind the schoolhouse, my pockets were relieved of the total take of agates, which Ham stopped to retrieve, giving me time to disappear into Wartella's cornfield.



As for my still rather robust biceps, I credit the sport of horseshoe pitching, which experts now praise as "the greatest nonprescription medicine in the world."

The object here, professionally speaking, is to pitch a 2½-pound horseshoe in such a manner that it will embrace an iron stake at a distance of 40 feet. If the closed end makes contact with the stake, the shoe is inclined to carom off, often to embrace the ankle of a player at this end of the court. A veteran horseshoe pitcher can be identified by, besides a limp, a pitching arm two to three inches longer than the other.

Today's horseshoe lovers like to say that accidents in this sport are rare. Today's horseshoe lovers,

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however, never played on the clay court laid out behind the old Stoddard barn. When playing doubles (two players at each stake), some dummy was always mistaking the number of shoes thrown and would be bending down to retrieve his pair, only to have the last one make a ringer around his neck. You talk about ring around the collar! That baby didn't wash out.

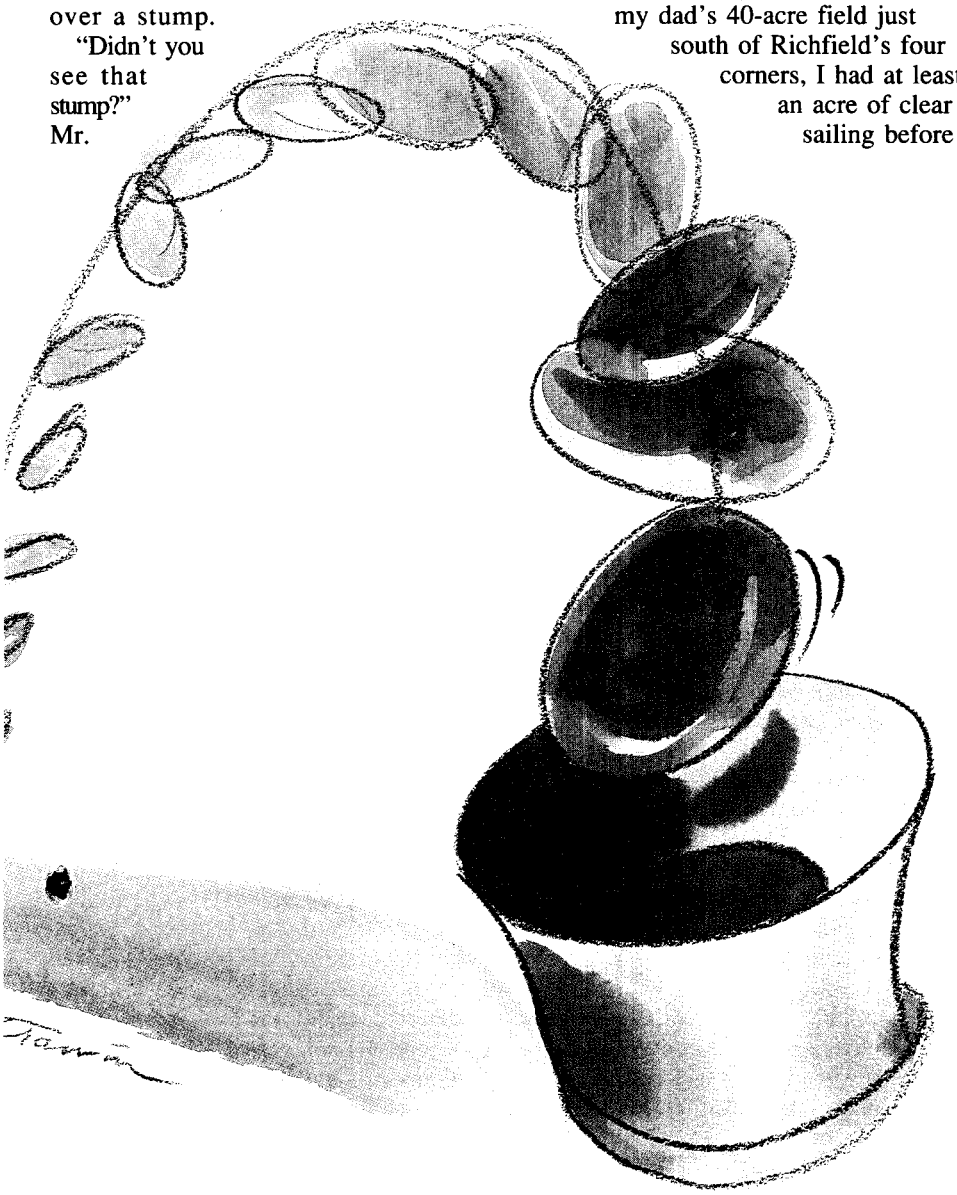
Being a smart kid, as I may have mentioned, I managed to escape injury until I moved up to the great American game of baseball.

I refer you to the annual Davison High School game with Montrose during my junior year, when, in racing back for a long fly ball in center field, I ran over a stump.

"Didn't you see that stump?" Mr. Wolfe, our coach, foolishly asked while pouring a bucket of water over me.

Why, of course I saw the stump. I just wanted to see how it would feel to hit a stump while running at top speed. How he thought I could keep my eye on the ball and on a stump at the same time—without the risk of being cockeyed for the rest of my life—I never asked. Mr. Wolfe was also my English teacher.

My next stunt, after I had several weeks of convalescing to regain locomotion, occurred on our Sunday school team, the Richfield Sodbusters. Under the absurd assumption that injuries never befall first basemen, I had taken over this position. The diamond having been laid out on my dad's 40-acre field just south of Richfield's four corners, I had at least an acre of clear sailing before arriving at the line fence. And an acre, I figured, should be plenty.



From cars lined up along the road (M-15) that day, spectators enjoyed the added treat of watching me chase a foul ball one second and, the next second, vanish completely. This phenomenon being somewhat unusual, even on a sandlot diamond, our entire infield rushed over to the spot where I had abruptly disappeared. They found me at the bottom of a ten-foot well just beyond the mowed area. I watched the rest of the game from a car seat laid out in front of our bench.

When it comes to harking back to incidents embarrassing as well as painful in my sporting career, I don't have to hark far. Only this summer my grandson, Gaven, fresh from earning a credit in golf from Indiana University (he may be going for his Ph.D. in golf, for all I know), invited me to play a round at Spencer's Pine Hills course. I hadn't played for several years, but thinking it might give the kid confidence to beat his saintly grandfather, I went out to the shed to rummage for my clubs.

Now, even in my playing days I was never keen on teeing off before an audience, just in case my drive should slice across the road and disappear into the cornfield. But the size of the audience on this day left no alternative; it was take our turn at the tee or finish up by match light. Which, in retrospect, would have been the better choice.

Like so many worries that come to naught, the drive was not my immediate concern. My No. 1 problem was getting my driver out of the bag. I mean I pulled, I tugged, I yanked, until I even had traffic stopping along the road. Not until I was sure every eye was upon me did I finally lift the bag off the cart and bang it on the ground. Out came the clubs, accompanied by large chunks of tunneled mud, courtesy of the mud daubers who had been busily engaged in cementing my clubs to the bag.

My drive sliced over the road and disappeared into the cornfield. I didn't bother to look for it. A brand-new Golden Ram too.

When it comes to embarrassment,

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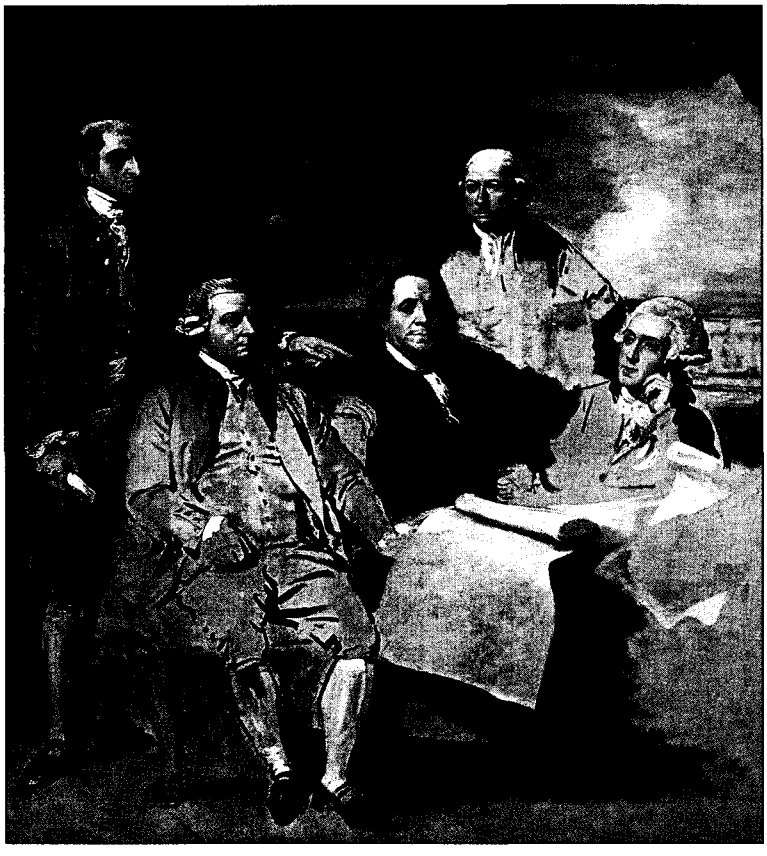
BEN AND THE CONSTITUTION

The retired Philadelphia printer was aging, but his agile mind held an iron determination to draft a strong and lasting constitution for a new nation.

by William G. Carr

This story concerns a senior citizen who, in his 70s and 80s, helped to establish a new nation. It is a true story; the new nation was the United States of America. The senior citizen was a retired Philadelphia printer. If you forget what he looked like, you can find his picture on a half-cent stamp or a $100 bill—whichever is most handy.

Ben Franklin observed his 81st birthday on January 17, 1787. He had just been elected president of the Pennsylvania commonwealth, and the state assembly had also named seven delegates to the coming federal Constitutional Convention.



Pennsylvania could have forwarded no more fitting delegate to the Constitutional Convention than its renowned Dr. Franklin.

Franklin was not one of those seven delegates. True, the federal convention was extremely important, but dozens of younger men, much more ambitious than old Dr. Franklin, were expected to attend. Chief among those younger leaders was Franklin's distinguished friend of more than 30 years, Gen. George Washington. Enjoying a public esteem very close to public worship, Washington would likely preside over the convention in May at the statehouse.

Then came disconcerting news. The general had told friends that he did not plan to attend. His rheumatic shoulder might be disabled by the toilsome four-day horseback journey from Mount Vernon. Who else was of sufficient national stature to lead so fateful a convention?

Only six weeks before the convention was to start, the Pennsylvania Assembly had added Franklin's name to its original delegation. Now, in case Washington could not come, another leader of national distinction was ready. Franklin would be by far the oldest delegate present, but he was, as usual, available, in line with his own advice about public service—never request, never refuse, never resign.

On Sunday, May 13, the day before the meeting, Washington, having decided to take part after all, cantered in a small parade along Philadelphia's welcoming streets. With Franklin's enthusiastic support, Washington was elected to the chair. Ben Franklin thus became just another delegate among 55 meeting through four hot summer months, at least five hours a day, six days a week, to confront the challenge of national survival.

The usual accounts of Franklin's part in the convention might lead one to conclude that he was old and feeble, communicating with other delegates only by short written speeches—which other delegates had to read for him—and unable to walk or even to stand unaided, routinely honored but rarely heeded, useful only because of his international prestige, a jocund, ineffective eminent Methuselah in a sedan chair.

Only one of these conclusions is undeniable. Franklin was, indeed, old. But he was not dead. This lively old man attended the convention more faithfully than most of his younger colleagues.

He did own a sedan chair, but his daily exercise was walking to the statehouse sessions.

To save time on the floor, he did write some of his speeches, but he spoke extemporaneously when the situation required.

Although some of his ideas, like those of other delegates, were ignored or rejected, more than 70 percent of all proposals suggested or supported by Franklin were adopted.

His usefulness was, indeed, augmented by his well-earned international renown, but his agile mind held an iron determination that the meeting must agree on a lasting document that would meet public approval.

About the author: ***William Carr is a governor of the Benjamin Franklin Guild and a member of the Speaker's Bureau, U.S. Commission for the Bicentennial of the Constitution. His book*** **The Oldest Delegate** ***was published this year by University of Delaware Press.***

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Quite apart from advanced years, however, Franklin carried several handicaps into the convention. For example, most of his colleagues shared one vivid experience Franklin lacked: service as officers in the Continental Army. Franklin's wartime duty was to secure in Paris the money and manpower essential to a military victory by others. He was thus excluded from the exuberant shared memories incident to a veterans' reunion.

He was also separated from the others by his long absences from the country. In 1787, out of the preceding three decades, Franklin could count about 16 years as a colonial agent in London, 9 years as an American representative in Paris, and only 5 years at home. Thus, if he looked at the growing list of delegates due in Philadelphia, he would see the names of a few old friends and many new names known to him, if at all, by reputation or rumor. As he himself noted, "I have been so long abroad as to be almost a Stranger in my own Country."

He was unlike the other delegates also in his education, occupation, and background. The experiences of tutors, academies, and college student life that other delegates had enjoyed were to Franklin entirely unknown. His formal schooling lasted less than two years. Wide reading and intellectual discipline made him the best-educated man at the meeting, but he was also the least schooled.

The activities involved in managing a large plantation—or a busy legal practice—were not in his experience either. He was simply "B. Franklin, printer," almost the only delegate who had made his living in a skilled trade.

Facing such difficulties, Franklin, as president of Pennsylvania, might have served the convention only in a ceremonial and perfunctory manner. He did not use that escape.

On the affirmative side he helped to set a brief period of naturalization for foreign-born officeholders, to define treason narrowly and thus make dissent more secure, to subordinate state laws to the provisions of national treaties, and to provide for the impeachment and removal of federal officials, including the president.

On the negative side, but equally important, Franklin opposed an arbitrary and all-inclusive executive veto on legislation. The convention at length adopted the override provisions followed today. He objected also to constitutional requirements of property ownership for voting in national elections and for holding national office. He could not approve a constitution that prescribed rule by a landed oligarchy—and this view ultimately prevailed.

Franklin did suffer defeats. One defeat arose from his long aversion to growing rich at public expense. Thus, when the debate turned to the financial compensation of senators, Franklin remarked that, because many of the younger delegates would probably become senators, they should avoid even the appearance of carving out lucrative places for themselves. A motion to pay senators no salary produced a close vote but lost, 6-5.

Franklin also argued that the president should be paid only for the expenses he incurred as a result of his service. He urged that the salaries of judges be flexible if the demands on

The 81-year-old statesman urged compromise and prayer. "God governs in the affairs of men," he told fellow delegates. "And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid?"

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their time increased. For representatives, he managed to get compensation changed from "liberal and fixed" to just "fixed."

In the light of 200 years of expansion in the pay, pensions, and perquisites of public servants and their heirs, dependents, descendants, and friends, it is difficult to ignore Franklin's repeated warnings about the escalation of rewards, especially for officials who must affect their own incomes by the budgets they control, the laws they enact, and the acquisitiveness they sometimes indulge.

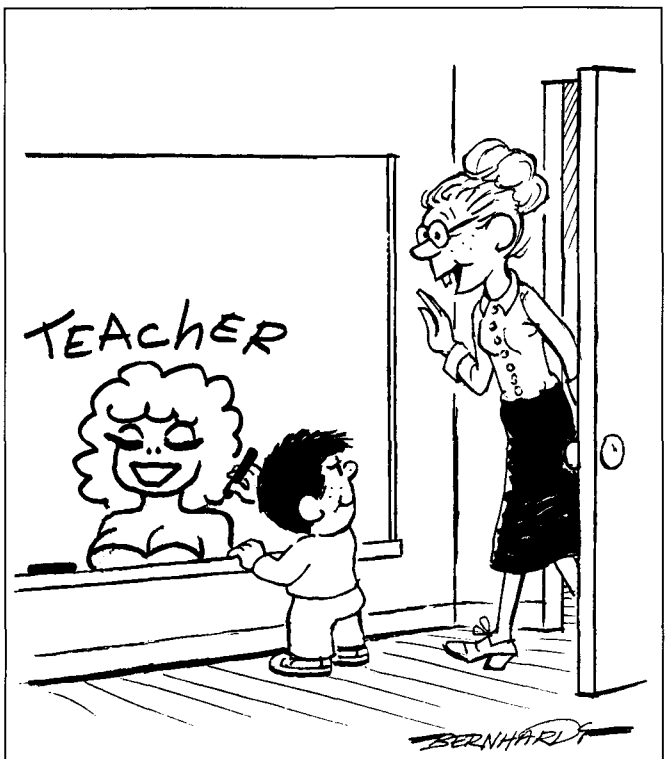
In addition to his important proposals regarding the text of the Constitution, Franklin performed another great service. He had discovered, before many of the other delegates were born, that to accomplish much in human relations, one must often engineer a compromise.

The first half of the meeting was marked by acrimonious debate between the small states and the large states on representation in the Congress. Amid repeated tie votes, threats to walk out, and proposals to adjourn the meeting in deadlock, despair, and dudgeon, Franklin raised an insistent voice of reason. In an assembly of fluent, opinionated men, mostly lawyers, of sarcasm, stubbornness, and sulks, Franklin's call for moderation and his example of tact were unique—and essential. Thus when the convention came near the breaking point, Franklin was elected to a small Committee of Compromise. That was on July 2, 1787.

The convention then took its first recess—two whole days off, one day for the committee to work and one day to celebrate the 11th anniversary of the Glorious Fourth. In the committee Franklin doggedly supported the need for compromise. Hope for agreement had been only a guttering candle, but now the convention remained in session. The Constitution was finally signed by all but three delegates and was triumphantly ratified by one state after another.

James Madison's daily notes on the proceedings show he and Gouverneur Morris each spoke nearly 200 times in more than three months of meetings. They rarely spoke briefly. Franklin, in sharp contrast, spoke 30 times and always tersely. Yet Franklin's few interventions contain the most memorable words spoken at that famous gathering. Let me illustrate by three famous quotations from his record.

On the rewards of office: "Sir, two passions have a powerful influence on the affairs of men. These are ambition and avarice, the love of power and the love of money.... [W]hen united in view of the same object, they have in many minds the most violent effects.



"Jimmy, what a fine likeness!"

Place before the eyes of such men, a *post of honor* that shall be at the same time a *place of profit*, and they will move heaven and earth to obtain it."

On prayers in the Convention: "I have lived, Sir, a long time, and the longer I live the more convincing proofs I see of this Truth—*that God governs in the affairs of men.* And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid?"

On the future: "Painters have found it difficult to distinguish in their art a rising from a setting sun. I have often and often in the course of the Session, and the vicissitudes of my hopes and fears as to its issue, looked at the sun on the back of the President's chair.... Now, at length, I have the happiness to know that it is a rising and not a setting sun."

With those closing words, the last recorded at the convention, Franklin, in effect, completed his part in the American Revolution.

The next year Franklin reviewed his public services as a senior citizen, after reaching what he called "David's period" of threescore and ten years: "Had I gone at seventy, it would have cut off twelve of the most active years of my life, employed, too, in matters of greatest importance."

These "matters of greatest importance" he mentioned, all after the age of 70, included his role in the fateful break with England; his hazardous late-winter mission to Canada; his aid to Jefferson in drafting the Declaration of Independence; his mission to France to secure essential financial support and an all-out military alliance; the peace treaty with Great Britain; the treaties of amity and commerce with France, Sweden, and Prussia; and the Constitutional Convention itself.

Franklin's assessment of these momentous events in his old age was typical: "Whether I have been doing good or mischief is for time to discover." For himself he concluded, "I intended well and I hope all will end well."

After the convention, Franklin, having learned that Washington, in the presence of the first Congress, had been installed as the first president, took time from finishing his famous *Autobiography* to write a last letter to Jean Baptiste LeRoy, his former neighbor in the little Paris suburb where he had lived and worked for America for nine years: "Our new Constitution is now established and ... promises permanency; but in this world nothing can be said to be certain except death and taxes."

We all recall the last four words of that letter when we observe birthdays or prepare our annual reports to the IRS. But Franklin's forecast of *permanency* is more important; it has been abundantly justified during the past two centuries as the Constitution has served and survived successive generations of Americans.

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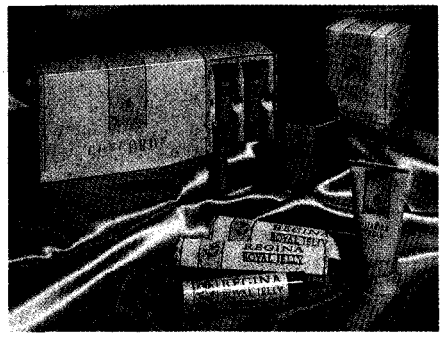
When I saw what Royal Jelly did for me and my son, I started my own company!

For years, Madeline Balletta suffered from an illness subsequently diagnosed as Epstein-Barr Virus, now known as Chronic Fatigue Syndrome. Virtually bedridden, she was too sick to care for her family or herself when a concerned friend gave Madeline Regina Royal Jelly. Within weeks, she began to experience renewed vitality. Delighted with her dramatic improvement, Madeline then gave Regina Royal Jelly to her young son, Jason, who was seriously debilitated after years of suffering from bronchial asthma. When he, too, experienced similar remarkable improvement, Madeline decided to start her own company so that greater numbers of people could benefit from this God-given, all-natural substance. Thus, Bee-Alive was born!

Bee-Alive was the chance to share my blessings and improved health. For everyone interested in feeling better and living a vibrant, healthy lifestyle, I am living testimony that there is a way! I know, having experienced the beneficial effects of Regina Royal Jelly and witnessing my son's amazing renewed strength. I became so excited about Royal Jelly that I started Bee-Alive, Inc. Today, five short years later, Bee-Alive is a thriving, nationally known company.

I now follow a hectic schedule that amazes those who knew me when I spent most of my days in bed. I travel constantly throughout the United States and Europe, extolling the virtues of Regina Royal Jelly. I find it such a joy to be associated with a wholesome, natural product that enhances health and vitality, and to share my knowledge of this amazing food of the Queen Bee! Bee-Alive Royal Jelly products cannot be found in stores because I believe personalized service is vital. Our toll-free number connects you with your own caring, personal consultant who will take whatever time is necessary to listen to your concerns as well as follow your progress. Here at Bee-Alive, we truly care about you!

What type of person is interested in Regina Royal Jelly? We at Bee-Alive receive hundreds of calls each day from the young and elderly, male and female, sick and healthy. For children, Bee-Alive has a special Royal Jelly blended with honey to help their susceptible bodies resist childhood ailments. For the elderly, who frequently complain of insomnia, or not being able to get around as they used to, Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.



What is Royal Jelly? Royal Jelly is not a honey or pollen. It is actually bee's milk, made in nature's own laboratory, so it cannot be duplicated by man. The Queen Bee's longevity can be traced to her exclusive Royal Jelly diet. She lives almost six years, while the worker bees, who subsist on merely honey and pollen, live approximately six weeks!

Why Regina Royal Jelly is unique.

To my knowledge, Bee-Alive is the only company in the United States that has pure, unprocessed Royal Jelly in encapsulated form. In the interest of purity, potency and freshness, none of our Regina Royal Jelly products are processed or freeze-dried. In addition, to assure you of the freshness of Regina Royal Jelly, a packaging and expiration date appears on all of our products.

Royal Jelly isn't just for royalty.

While members of the British Royal Family use Regina Royal Jelly, as do many celebrities, today Regina Royal Jelly is made available for everyone through Bee-Alive. As leading advocate, Pat Boone, states, "Regina Royal Jelly is for everyone who is sick and tired of being sick and tired." Remember, Regina Royal Jelly is not a cure, but it can help your body to help itself! Just as Regina Royal Jelly has influenced my life, I hope it will influence yours. Please give us a call at **1-800-543-BEES**. We're waiting to help you change your life, beginning now!

Madeline Balletta

Madeline Balletta,
Founder and President, Bee-Alive Inc.

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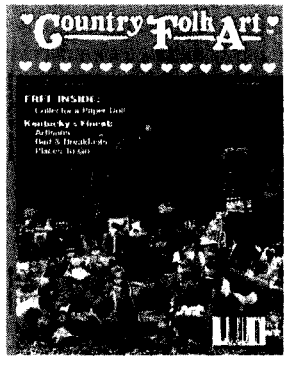

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Cigarettes

continued from page 53

tobacco themselves. Unfortunately, without a national approach to this problem, even the best laws, diligently enforced, can be defeated by neighboring communities and states whose priorities lie elsewhere.

I believe that the 390,000 American lives lost each year to smoking addiction will not be meaningfully reduced until we address the issue of cigarette sales to children on a national basis. If we are to win the war on drugs, American politicians must become as concerned with nicotine drug sales to children as they are with foreign drug sales to adults. Every day another 3,000 children start using tobacco.

Missionaries

continued from page 16

Church of Christ, which draws 35 parishioners on a good Sunday, has taken over the job of paying for the bags and the seed. To cover those costs, the church accepts donations and gives the Sherwoods $3.60 per bag.

The Sherwoods, who divide their time between the farm and part-time teaching jobs, donate land, time, and labor. A farm hand plants and harvests the crop in exchange for rent.

Although Ila Sherwood often prepares a big country dinner for anyone who will help her husband bag the corn, Hollace sometimes goes to the barn alone, holding the plastic feed sacks as kernels stream out of a chute in the sunlit loft.

When 700 bags are ready, they will be loaded into a truck that will be provided by one of the organizations that aid the Sherwoods. The corn goes to groups that rely on local churches to dole out the food. The distribution is monitored in Haiti and Honduras to make sure the corn is kept off the black market.

In Honduras, the couple climbed a dirt path up a steep hill to see two bags of their corn stored in a small cinder block church.

"I thought how much work and time it took to get those bags up that path. But they did it," Ila Sherwood said. "You see, that's the place they distribute the corn from."

Sitting in the kitchen eating apple cake and ice cream, the Sherwoods

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- ☐ Pain in the Balls of Your Feet
- ☐ Burning Nerve Endings
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- ☐ Hammertoes

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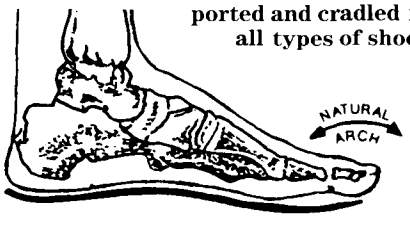

Since nothing he tried before ever gave long-lasting relief from pain, he set out to solve the problem himself.

His efforts produced, the remarkably effective, "FOOT CRADLE" insole support.

Already, millions of men and women have found blessed relief from their foot pain with "FOOT CRADLES".

"I can hardly believe something so simple could work so well. Now, I believe in Foot Cradles! Thank you for ending my foot pain." B.J. Boise, ID

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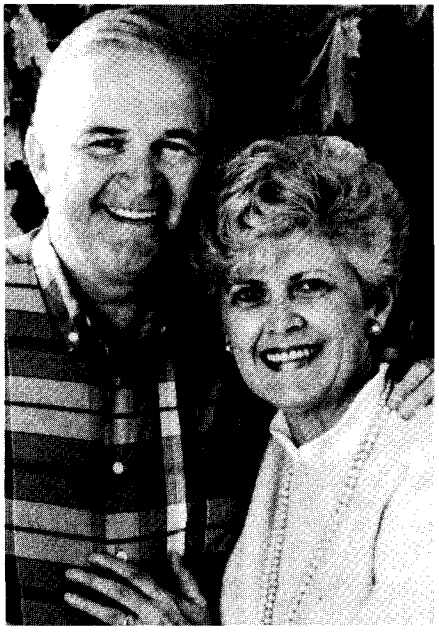

So simple, it's ingenious! The secret of "FOOT CRADLES" lies in its unique, contoured design. It works together with your foot in any pair of shoes you wear. "FOOT CRADLES" are made in Europe from genuine leather. Though they weigh less than one ounce, "FOOT CRADLES" help support your full body weight. Just as your weight shifts naturally as you walk, so do "FOOT CRADLES". They apply the natural laws of foot motion to relieve your burning, aching feet.

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"FOOT CRADLES" slip easily into any pair of shoes you own — high heels, work shoes, boots, sport shoes, sneakers and sandals. They're so comfortable, you won't realize you're wearing them.

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Tiddlywinks

continued from page 67

however, this was little league.

For big-time embarrassment, I now hark back to the big Fourth of July baseball bash that pitted the Sodbusters against our archrival, Henpeck (you can look it up).

In the last of the ninth, two out, a man on first, our team two runs down, I came to bat. And I poled one. I mean that ball had home run written on it when it left the bat. Although obviously a waste of effort, the left fielder turned and chased after it. For what happened then I had to rely on word of mouth, as I was too busy on the base paths to take note.

The way it was told to me, when the left fielder finally caught up with the ball, he threw it to the center fielder, who winged it to the shortstop, who wheeled and pegged it to the catcher, who went through the seemingly futile motion of tagging me sliding in. I say futile, because I wasn't sliding in. Nor had I crossed the plate and begun receiving plaudits from my teammates for having sent the game into extra innings.

No, where I was was on my stomach, elbowing desperately for second base. Seems that after I rounded first, the spikes on my right shoe had penetrated my left shoe, reducing my progress to a crawl. The catcher's throw to the second baseman arrived well before I did.

Not long afterward, I would be pitching baseball for the University of Michigan (you can look it up). And in my three-year tenure, I would lose but one game—to Indiana. Which is one reason why I moved my family down here. I couldn't think of a better way of getting even.

Pet's Heart

continued from page 22

mild seizures. In cats, sudden lameness or paralysis of the hind legs caused by blood clots of major arteries should send you running to your veterinarian immediately.

Little clinical research has been done concerning the role of high-salt (sodium) diets and heart disease of dogs and cats, but clinical experience has shown that reducing weight and restricting dietary sodium dramatically

continued on page 79

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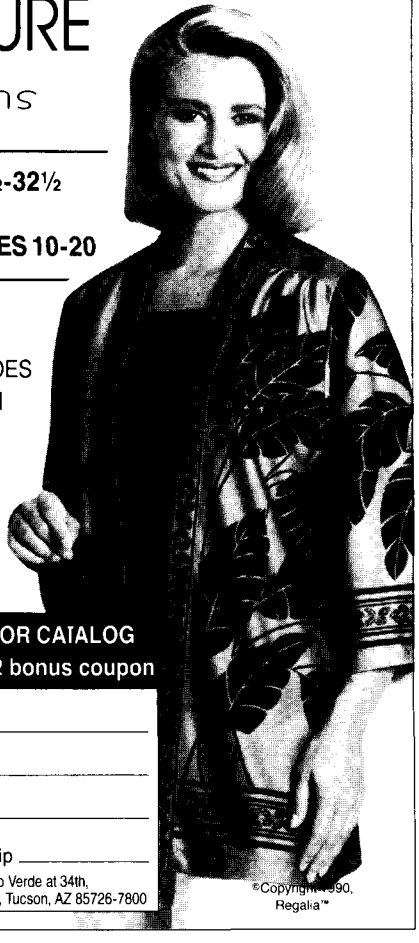

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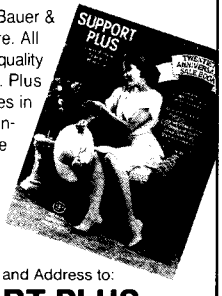

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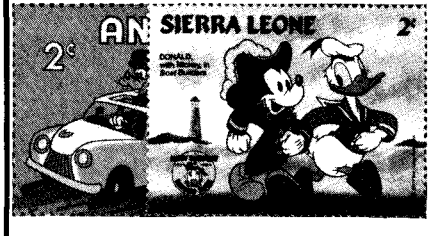

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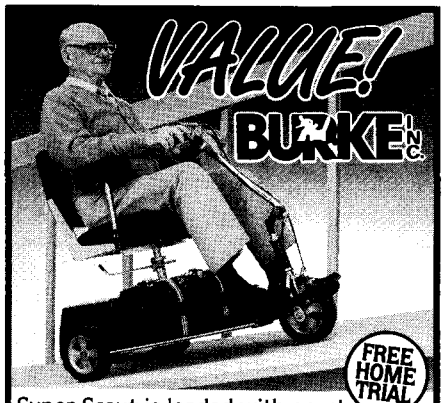

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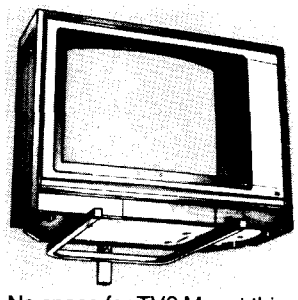

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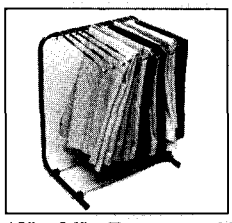
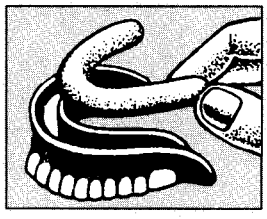


Rolling slack rack: Hangs pants in unused space under shirts in closet. Easily rolls out. The 12 vinyl-covered arms keep slacks wrinkle free. Enameled steel rack, plastic rollers, 18" x 26". Easy assembly. $14.99 plus $3.50 shpg.; 2/$28.00 plus $6.25 shpg. Essex House, Dept. P10-8E, Rahway, NJ 07065.



Eat with confidence! Imagine eating without even worrying about your dentures slipping. The wafer-thin, feather-weight, nonwoven denture cushion provides powerful suction and all-day comfort. Pack of 20 End-Slip cushions (specify uppers or lowers), $1.97 plus 63¢ p&h. Holst, Inc., Dept. SPE-990, 1118 W. Lake, Box 370, Tawas City, MI 48764.

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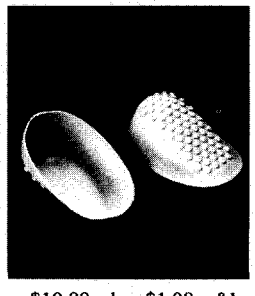

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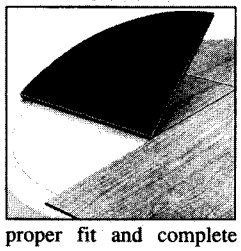

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Suede chukka boot from Daniel Green—only $29.99. Warm plush acrylic-pile lining. 3-eye tie. Black, grey, taupe, brown. Full and half sizes: 7-10, 11 N; 6-10, 11, 12 M; 6-10 W. Add p&h: $2.50 (1), $3.50 (2), $4.25 (3). Old Pueblo Traders®, Dept. HMM1A, P.O. Box 27800, Tucson, AZ 85726-7800.

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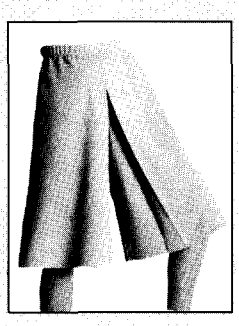

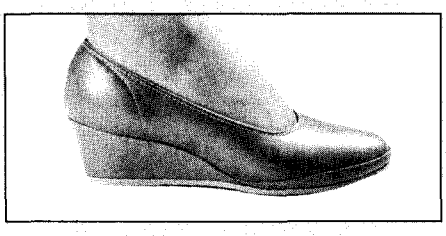

Executive's espadrille from Bees by Beacon®—only $21.99 (reg. $27.00) 1¾" covered wedge, tricot lining, crepe sole. Grey, black, taupe, navy, and wine. Full and half sizes: 5½-10 N, W; 4-10 M. Add p&h: $2.50 (1), $3.50 (2), $4.25 (3). Old Pueblo Traders®, Dept. , P.O. Box 27800, Tucson, AZ 85726-7800.

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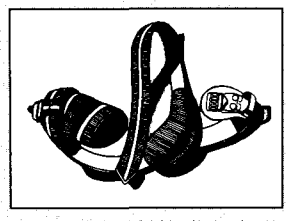

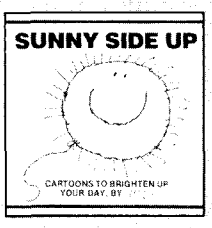

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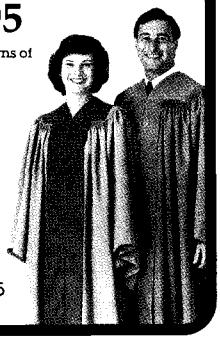

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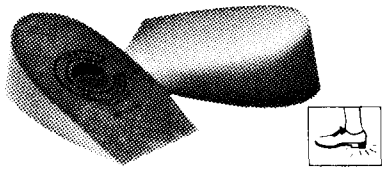

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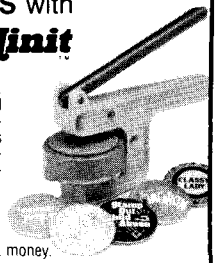

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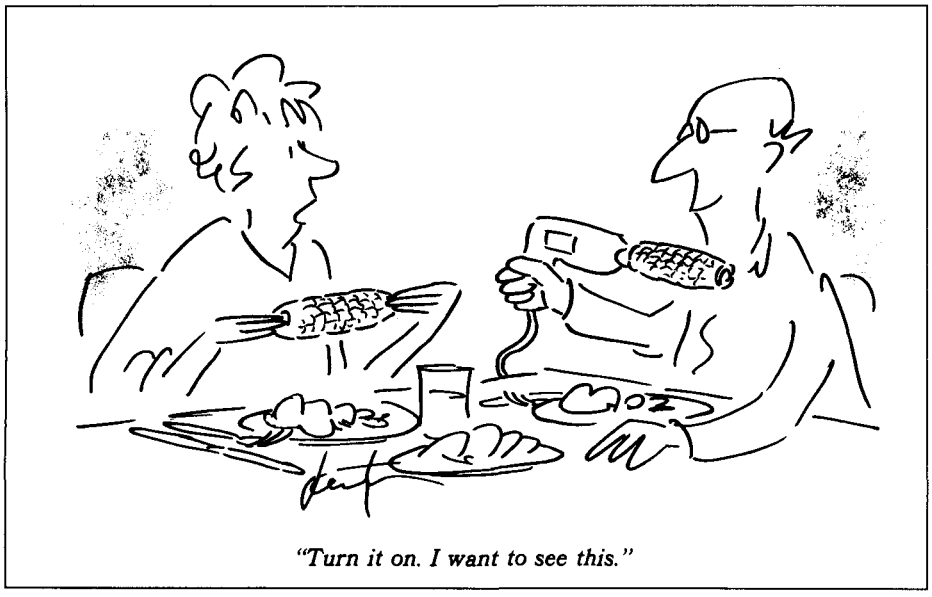

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Pet's Heart

continued from page 74

improve the condition of pets with heart disease. Just like owners, pets can acquire a taste for a salty diet. Almost all commercial pet foods contain large quantities of salt to improve the palatability of the ration. Unfortunately, most dogs and cats consume two to three times the sodium of a person on a typical fast-food diet. Low-sodium diets are available through most veterinarians and may even be beneficial for older animals with healthy hearts. Keeping weight at normal levels is important too.

Although fewer cats are seen with heart disease, they usually are victims of an enlarged heart. In 1987, researchers found a link between feline heart disease and low levels of the amino acid taurine. Since then, taurine supplementation of pet foods has been common, and the incidence of this problem has dropped dramatically. Cats have very specific nutritional needs and should be fed only high-quality commercial diets from major pet-food companies. Never feed cats generic or cheaper diets, or dog food.

Heartworm infection is a rapidly growing problem of dogs in almost all areas of the country. More cats are being diagnosed with clinical heartworm disease too. The heartworm causes a mechanical blockage that raises blood pressure and makes the heart work harder. This then leads to heart failure. Unfortunately, by the time symptoms appear, the disease is often advanced and has caused problems in other body organs. Yearly screening tests and regular preventive medication are recommended for all dogs. Some veterinarians are also treating cats in high-risk areas.

Treatment of pet heart disease is very similar to that used for people. Your veterinarian may prescribe drugs in addition to weight reduction, decreased exercise, and a low-sodium diet. Some pets have even benefited from the implantation of pacemakers to keep the heart rate at a normal level. The greatest chance of a successful treatment is when an accurate diagnosis has been made so treatment can be started in the earliest stages before serious complications occur. This is why annual physical examinations (especially for pets over eight

continued on page 86

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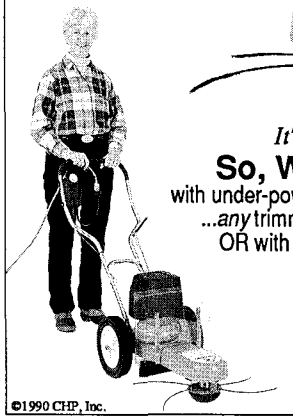

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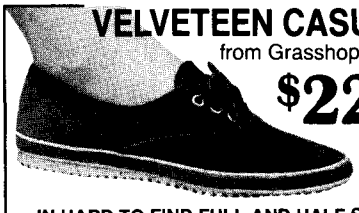

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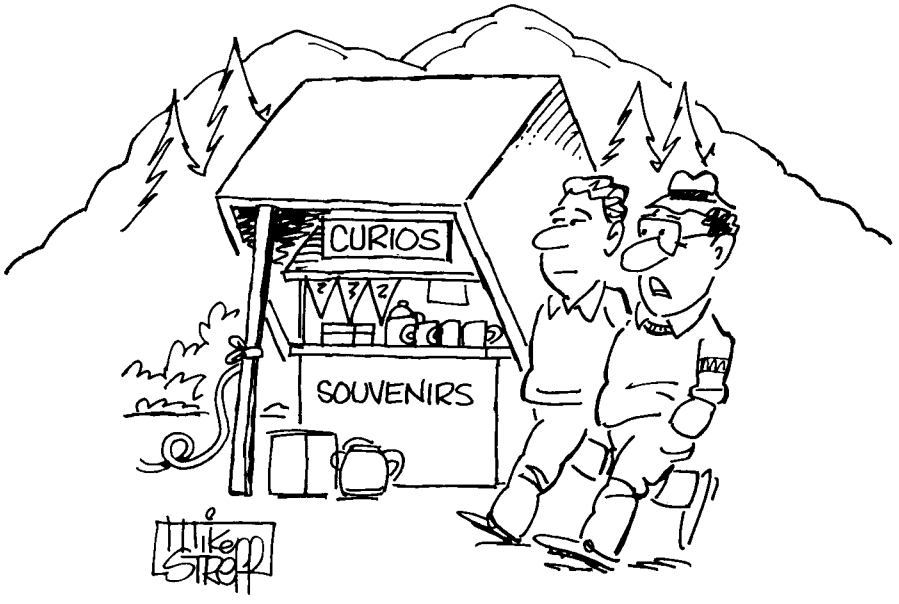

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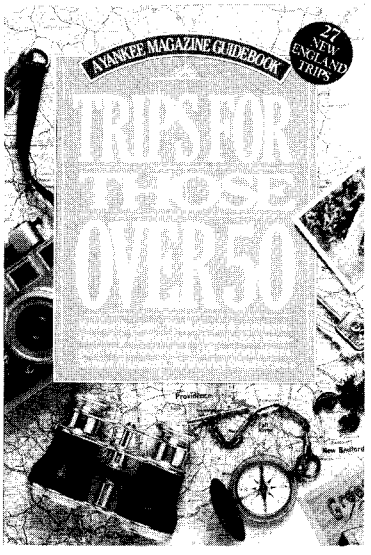

Ever wanted to take a course in fly fishing while shopping for hunting boots? How about tossing a bale of tea into Boston Harbor like the colonists did back in 1773? Or maybe you'd just like to stroll amid six acres of wild flowers where more than 250 species grow in natural settings.

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If you're interested in, as the author puts it, "what makes a town tick rather than just what there is to do there," discover the hidden charms of the city and countryside with *Trips for Those Over 50*. Illustrated with maps and black-and-white photographs, the book also covers such important details as directions, hours, admission, parking, and access for the handicapped.

Please send _____ *Trips for Those Over 50* book(s) at $9.95* plus $2.00 p&h per book to: Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.
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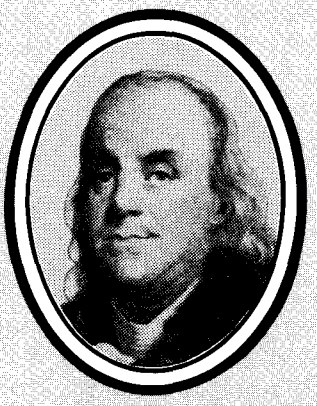
Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.



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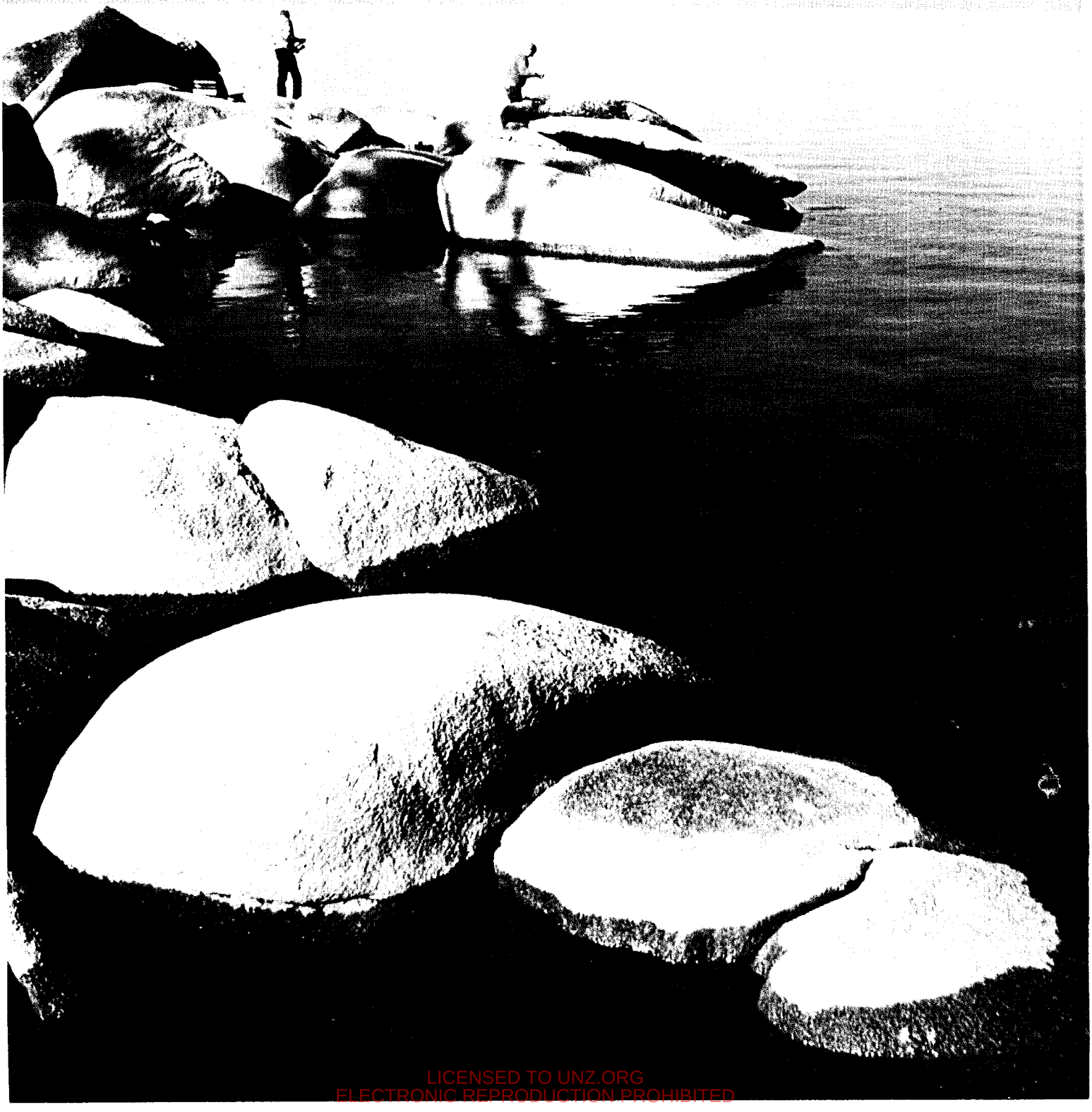

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Mark Twain Claimed Some Of Its Timber Country, Then Accidentally Burned It Down

BY C. J. HADLEY

Travel stories: too many superlatives, adjectives, and clichés. Too many lists, too many directions, too many inspiring restaurants, all with identical menus. Sometimes it seems as if you could simply switch the name of the town and the story would be the same.

Then there's Lake Tahoe.

Tahoe is to city dwellers a piece of the Alps; to flatlanders of the South and Midwest, the heart of Mark Twain; to environmentalists, a place that has almost been saved; to hard-core wanderers, always refreshing.

Tahoe is more than a lake. It is a fringe of mountains, a slice of the Sierra Nevada that protects an enormously deep 193-square-mile bowl of blue, chill water.

▲ ▲ ▲

Mark Twain was so taken by Tahoe's particular beauty that he and a friend staked a claim close to the beach. He wrote about the lake in *Roughing It*, first published in 1872:

"The forest about us was dense and cool, the sky above us was cloudless and brilliant with sunshine, the broad lake before us was glassy and clear, or rippled and breezy, or black and storm-tossed, according to Nature's mood; and its circling border of mountain domes, clothed with forests, scarred with landslides, cloven by canyons and valleys, and helmeted with glittering snow, fitly framed and finished the noble picture. The view was always fascinating, bewitching, entrancing. The eye was never tired of gazing, night and day, in calm or storm; it suffered but one grief, and that was that it could not look always, but must close sometimes in sleep."

Tahoe, the largest alpine lake on the North American continent, is 12 miles wide, 22 miles long; its average depth is 989 feet, its deepest point 1,645 feet. Because of its frigid temperatures and depth—39 degrees Fahrenheit below 700 feet—bodies lost in the lake never rise to the surface. The lake could cover the entire state of California with 14½ inches of water. Enough of the lake evaporates daily—1.4 million tons—to supply the needs of more than 2 million people.

The only complaint against the lake is that it offers too much. It entertains with gusto. It soothes too easily. Mark Twain walked to the lake from Carson City with a friend in the 1860s and rowed about her. Today it's easier, with powerboats, paddle wheelers, cruisers, and jet skis. It is sailing on Tahoe's trades, which can be dangerous and inspiring. It is hiking the Rim Trail; backpacking into Desolation Wilderness; and possibly seeing eagles, bears, porcupines, and mountain lions. And in winter it is trying one of a dozen-plus nearby ski resorts: Squaw Valley, Heavenly, Alpine Meadows, Northstar-at-Tahoe, Kirkwood, Diamond Peak, and more.

▲ ▲ ▲

To enjoy Lake Tahoe, you don't have to be fit. You can be indolent, much like Twain, and appreciate it his way:

THE TRIP OF CHOICE
TAHOE

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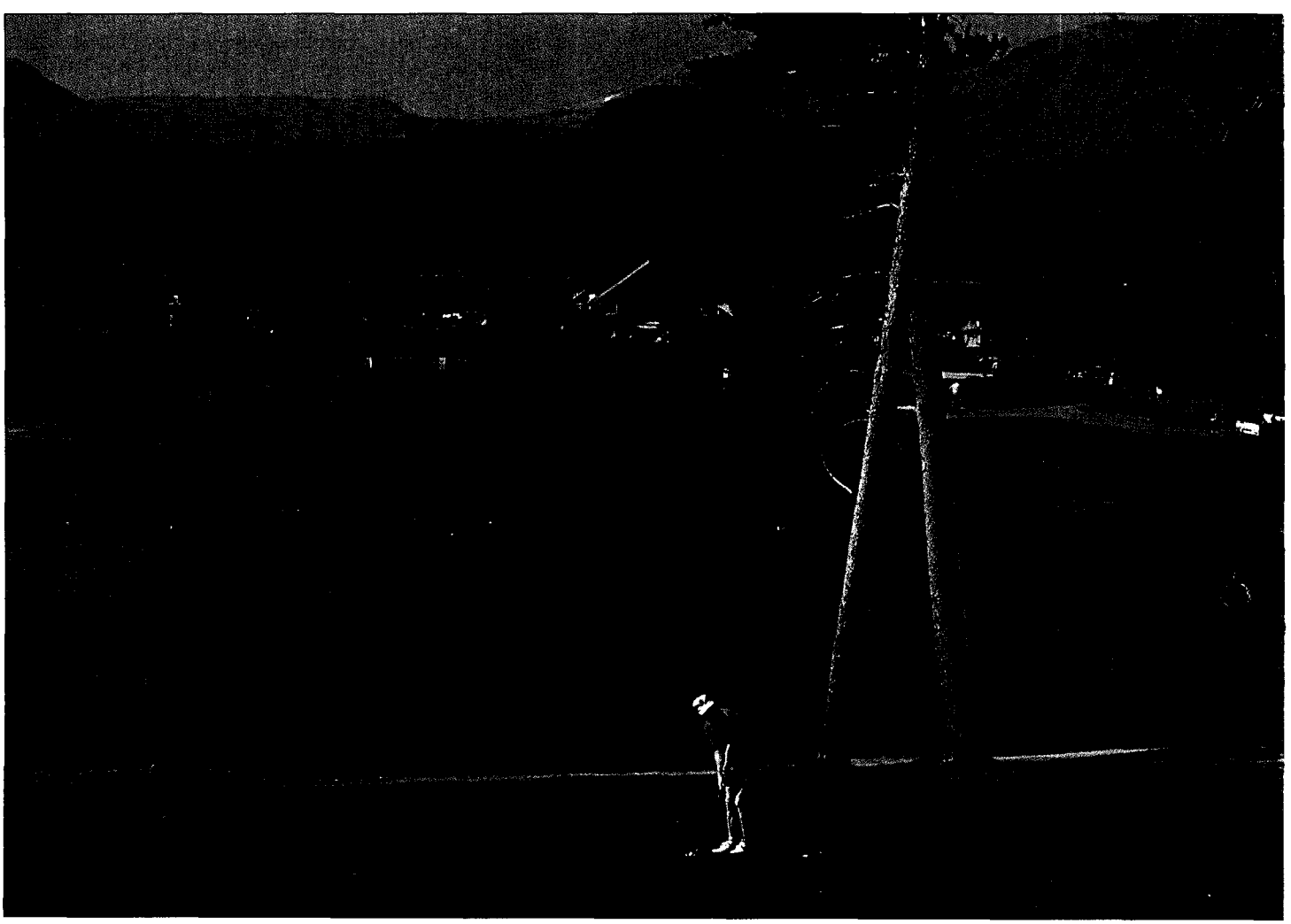
Sun and snow set the winter mood in the mountains around Lake Tahoe Basin, where the highest peak reaches 10,881 feet. It can snow anytime; skiiers are welcome.

"At the first break of dawn we were always up and running foot races to tone down excess of physical vigor and exuberance of spirits. That is, Johnny was—but I held his hat."

"... then to 'business.' That is, drifting around in the boat.... We usually pushed out a hundred yards or so from shore, and then lay down on the thwarts in the sun, and let the boat drift by the hour whither it would. We seldom talked. It interrupted the Sabbath stillness, and marred the dreams the luxurious rest and indolence brought...."

The lake water is 99.7 percent pure, so pure that a dinner plate can be visible 75 feet below the surface. The sun shines about 274 days a year, but snow can fall at any time. The highest mountain in the Tahoe Basin is Freel Peak at 10,881 feet.

"Three months of camp life on Lake Tahoe would restore an Egyptian mummy to his pristine vigor and give him an appetite like an alligator.... The air up there in the clouds is very pure and fine, bracing and delicious.



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And why shouldn't it be?—it is the same the angels breathe."

If waterskiing is too strenuous, see the lake from the decks of Tahoe's magnificent paddle wheelers, the MS *Dixie* from Zephyr Cove on the Nevada side or the *Tahoe Queen* from Ski Run Marina at South Lake Tahoe, California. Take a dinner cruise, where there's music for dancing. Or a breakfast cruise to exquisite Emerald Bay.

If you stay at Harvey's, use their shuttle to take you to Nevada Beach. Or take the tram to the top of Heavenly and have lunch with the view that Mark Twain called "the fairest picture the whole earth affords."

▲ ▲ ▲

Take an afternoon drive around the rim of the lake (go clockwise so you won't have to cross traffic to get to the lake). Stop and look at Emerald Bay, take the hike to Vikingsholm at the edge of the water, and see what a Scandinavian castle is doing in the High Sierra. Pick up some giant sugar pine cones and impress your friends back home. Enjoy the music festival in the pines at Valhalla in summer and early fall, a beverage on the docks at Chambers Landing or Sunnyside, where you can watch the sailboats and often listen to jazz during brunch on sunny Sundays.

Feed the fish from Fanny Bridge in Tahoe City. Rent a rubber raft or innertube to float the Truckee down to the River Ranch; then lunch on the terrace or fish for trout. (The rental companies will take you back to your car.) Ride the Squaw Valley Cable Car, and get what one local calls a "gutsucking experience" when you seem to be hanging by a thread between two mountains.

▲ ▲ ▲

Check the architecture at Incline Village, where the homes blend expensively with the mountains. Then stop at Ponderosa Ranch and visit the set of the famous "Bonanza" series. Eat a hossburger. Pet the pygmy goats. Have your photo taken as a desperado or a dancehall girl. Ride on the haywagon through the tall fragrant pines.

Then head south and stop at Sand Harbor, a Nevada state park with a broad sandy beach. Make it at sunset when the orange glow warms everything in sight. Watch Shakespeare's plays on the beach during the summer.

Then head south again to the nightlife on the south shore. To Harvey's, High Sierra, or Harrah's and Caesar's for headliner entertainment, or to the multitude of restaurants and clubs that sit close to the water.

▲ ▲ ▲

Lake Tahoe is a beauty, and even with growth, substantially increased travel, and too many cars on the rim tour, Tahoe remains an American classic. She can also be fickle. Winds have hit the lake and capsized boats. Waves have wiped out docks at Incline Village. Mark Twain once set fire to the forests at Tahoe when his camp fire got out of control. He homesteaded one piece but was too lazy to build a proper cabin, or to "prove-up."

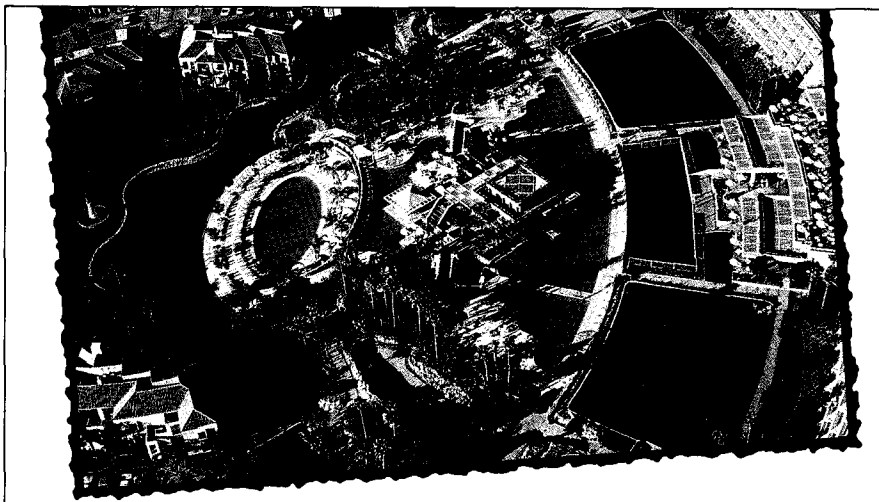
"We decided to build a substantial log house and excite the envy of the brigade boys; but by the time we had cut and trimmed the first log it seemed unnecessary to be so elaborate, and so we concluded to build it of saplings. However, two saplings, duly cut and trimmed, compelled recognition of the fact that a still modester architecture would satisfy the law, and so we concluded to build a 'brush' house. We devoted the next day to this work, but we did so much 'sitting around' and discussing that by the middle of the afternoon we had achieved only a halfway sort of affair which one of us had to watch while the other cut brush, lest if both turned our backs we might not be able to find it again, it had such a strong family resemblance to the surrounding vegetation. But we were satisfied with it."

Tahoe is a delight for the sedentary and a challenge for the fit.

"We made many trips to the lake after that," Twain wrote, "and had many a hairbreadth escape and bloodcurdling adventure which will never be recorded in any history."

At Tahoe, make your own history. ★

Indians named it "Tahoe"; Twain called it "the fairest picture the whole earth affords."



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Missionaries

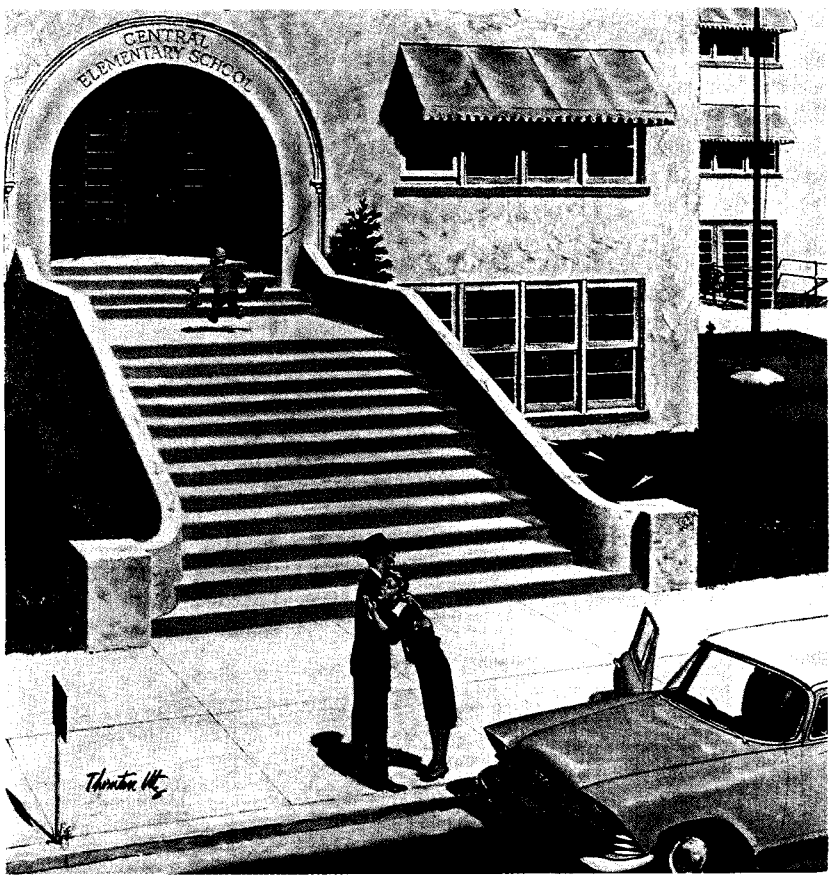
continued from page 72

marveled at the things they had done and the generous people they had met since they began their enterprise.

"It still amazes us that what we're doing ends up in Honduras," Hollace Sherwood said.

"It all started because of *The Saturday Evening Post*," Ila Sherwood added.

"We're the most unlikely missionaries, but I guess that's what we are."



Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines. Send your entry *on a postcard.* Do *not* send us a self-addressed, stamped envelope. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by September 15, 1990.

Our congratulations and a check for $100 go to Eileen Marshall of Amsterdam, Ohio, for the winning entry in our May/June 1990 caption contest.

'Though the teacher displays aggravation
In her quest to promote education,
Her effort's not spurned—
The young man has learned
That his books form a solid foundation.

Potatoes

continued from page 20

2 teaspoons parsley flakes
1/8 teaspoon ground black pepper
1/8 teaspoon ground celery seed
2 tablespoons plus 1 teaspoon Molly McButter All Natural Sour Cream and Butter Flavor Sprinkles
4 medium baked potatoes, hot
1 cup finely cubed cooked chicken breast
1 cup cooked asparagus tips or 1/2" cuts

Coat inside of large saucepan with nonstick cooking spray. Gently sauté onion over medium-low heat; stir constantly until tender. Reduce heat to low; briskly stir in yogurt and flour to form a paste. Gradually add milk; stir constantly until smooth. Bring to boil over medium heat; stir constantly until thickened. Remove from heat. Stir in horseradish, seasonings, and 2 tablespoons butter-flavor sprinkles mixture.

Slit hot potatoes lengthwise; spread open. Fluff insides with fork; sprinkle each with 1/4 teaspoon butter-flavor sprinkles mixture. Place potatoes in 7" x 11" baking dish coated with nonstick cooking spray. Fill potatoes evenly with chicken and asparagus. Top with sauce mixture. Bake at 350° F. 10 minutes or until heated through.

Pet's Heart

continued from page 79

years of age) are so important. Here are a few things we can do to ensure that our pets live a long, healthy life.

* Feed your pet a high-quality, nutritionally complete diet. Supplement cat diets with some clams or salmon two or three times a week, or ask your vet about the advisability of a taurine supplement. Don't supplement or feed extras without your vet's approval. Limit your pet's salt intake. Avoid giving pets softened water to drink.

* Treat infectious diseases promptly. Some common bacterial and viral infections can cause heart problems.

* Get regular veterinary care. All animals over eight years of age should have complete physical examinations at vet-recommended intervals. Blood tests, chest X-rays, and electrocardiograms are helpful. Keep vaccinations and heartworm prevention current.

* Avoid stressing your pet. Start all exercise programs slowly. Avoid getting your pet overheated.

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Announcing...A New Edition Of 30 Classic Stories Guaranteed To Entertain Your Kids And Make Learning Traditional Values Fun!

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For example, "Seventeen Cowards" will teach your children responsibility, courage, humility, and respect.

And "The Mysterious Rider" teaches your children compassion, faith, kindness, love, and sharing.

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You see, we brought together a research team of parents, children, educational leaders, child development specialists, and educators to study the Uncle Arthur stories. And these experts developed four special bonus sections that will benefit your entire family.

First is a special section called "How to Use Uncle Arthur's StoryTime Program." It's a six-point program to help you get the most out of the stories.

Secondly, at the end of each story you'll discover a special section called "Exploring the Story." It's chock full of interesting facts, games, simple crafts and other activities which reinforce the story's primary message. It's designed so you and your children can use it together. Furthermore, it's divided up into three age levels: pre-school, early elementary, and later elementary.

But that's not all. Each volume also contains a complete Story-Guide, which provides you with valuable information on child rearing, and character development in a short, concise, and easy-to-understand fashion.

Finally, you'll receive a convenient alphabetical listing of the values and character traits taught, and which stories they appear in. This enables you to select a story to teach a particular lesson to your children.

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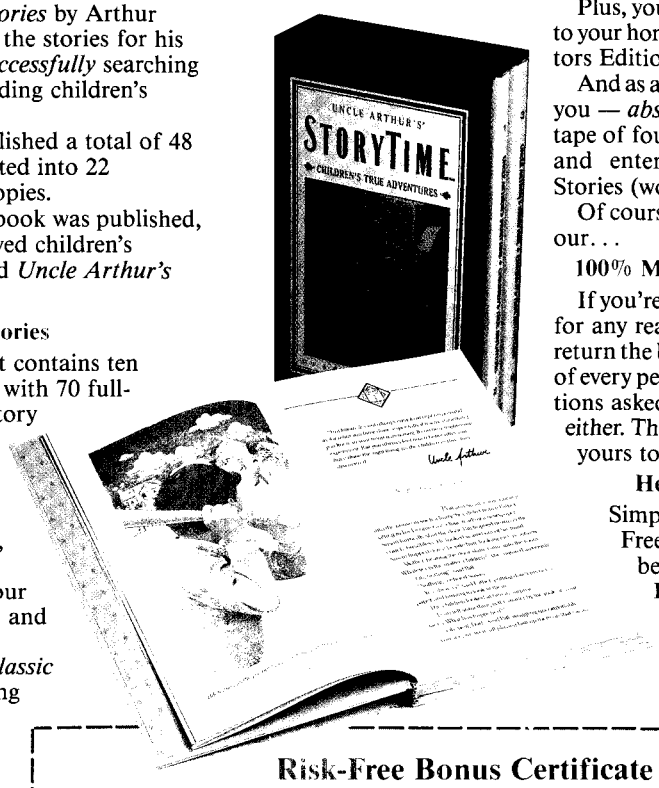

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ANGEL SCARE

Move over, Stephen King. The old battle between good and evil gets a novel twist in a thriller that pits warty demons against winged heroes. And the winners are . . .

by Holly G. Miller

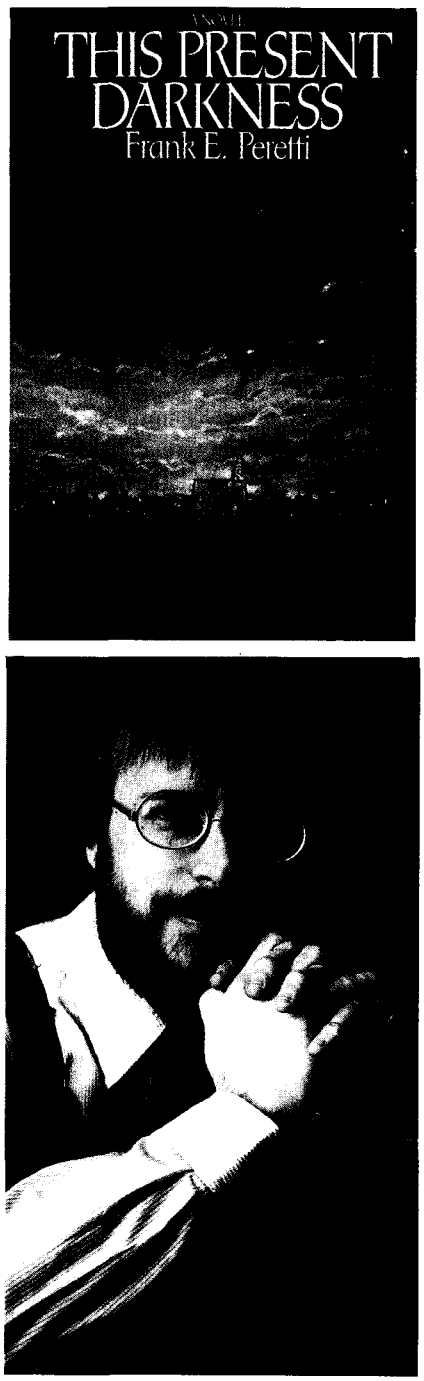
After collecting 14 rejection slips from 14 publishers, most factory-workers-turned-novelists would pack in their typewriters and retreat to the assembly line. But not Frank Peretti. When a small press in Westchester, Illinois, agreed to take a second look at Peretti's dog-eared book proposal in 1986, the novelist revved up his antiquated keyboard, pounded a wooden wedge in its broken left margin, and began to type. And type. And type.

The 400-page opus that emerged, a chiller called *This Present Darkness*, has sold more than a million copies and was nosed out of its No. 1 spot on the Christian bestseller list only by its sequel, *Piercing the Darkness*, also a million-plus seller.

The irony of the story behind the story is that the often-rejected book, full of airborne angels, winged demons, and ghostbusters in the sky, has caused at least 14 editors to munch crow. At the recent national convention of the Evangelical Press Association in Colorado Springs, the word spread quickly: everyone wants Peretti, or at least a Peretti clone. "We're looking for big fiction," said one enlightened publisher in search of more *Darkness*. Fumbling for a better description, he added, "You know, we want Peretti fiction."

The in-demand writer laughs at suddenly being the yardstick used by editors to measure what are known as "page-turners" in the publishing business. But he doesn't gloat.

"I can't blame them," Peretti says, recalling the deluge of rejection slips. "I wrote *This Present Darkness* at a time when Christian fiction meant prairie romances and biblical biographies. I came along with a wacky, off-the-wall book that bounces back and forth between the natural and spiritual world and illustrates a battle between angels, demons, and real people. Nobody had ever done that before. It could have been the turkey of the year."



"I'm sure there's a little bit of me in all my characters," Peretti says, "except, of course, the bad guys."

It nearly was. In the first year of release, *This Present Darkness* sold a modest 4,200 copies. Then Christian singer Amy Grant read it and gave it rave reviews at her sold-out concerts. The stampede was on. Readers found that Grant was on target; not only did this wacky book have a legitimate message, but it had action, intrigue, and an incredible plot that somehow came off as true.

The story, played out in the sleepy little town of Ashton, begins like a Carl Lewis sprint and escalates to the ultimate battle between good and evil. The heroes are a crusty newspaper editor and a prayerful pastor who get a lot of help from a hierarchy of heavenly types that perch on rafters and hover over rooftops. On the dark side is a network of prominent citizens in cahoots with a swarm of scaly, sulfur-spewing, yellow-eyed demons. At stake is Ashton, and the implication is that as Ashton goes, so goes the nation. The lines of skirmish are clearly drawn.

But as all readers know, you can win a battle but not the war, especially if a book about the war is popular enough to prompt a sequel. The story must go on. The vicious tide that was turned in Ashton crests in Bacon's Corner, the far-from-the-interstate setting of *Piercing the Darkness*, Peretti's second blockbuster. Here, the town's residents are so distracted by scandals, feuds, and other demon-inspired hanky-panky that they fail to recognize their real enemy until it's almost too late. Once again it takes a gathering of angels, fresh from their victory at Ashton, to take on the taloned fly-by-nights. The second book is even longer than the first, but like its predecessor, it moves at the now-predictable Peretti gallop.

"We live in a video culture," Peretti says. "People want stories that grab and hold their attention. I try to write in almost a cinematic style, so when you read my books you can see a movie playing in your head. They're highly visual stories, and the action cuts from scene to scene."

Two years of film classes at UCLA helped. However, Peretti's real training as a storyteller came much earlier. Reared in the Pacific Northwest, the son of an Assemblies of God pastor, he was a frail child who was often shunned by his peers because of a bizarre birth injury that resulted in a tumor on the lymph nodes of his

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neck. He amused himself by reading books and by concocting stories about super heroes. Then he tried to imagine what the heroes' lives would be like. Such activities helped to pass the hours of treatment in the hospital.

"The doctors have a huge word for this weird kind of tumor I had," Peretti explains. "The problem spread, and my tongue swelled up as big as a potato and wouldn't fit inside my mouth. I went through a lot of surgery, but for years my tongue was stuck outside of my mouth all of the time. It was one of those traumatic, adolescent, self-image kind of struggles."

After the condition finally was corrected, the young man had to learn to speak all over again. Once that was accomplished, he found he had a lot to say. He often gathered the neighborhood kids under the back porch and mesmerized them with his fanciful stories. So responsive were his audiences that he later made the rounds of summer Bible camps where he was expected to teach something meaningful to a circle of sometimes bored, often homesick teenagers.

"I found that a regular three-point sermonette doesn't work with kids who have grown up with TV and have the attention spans of hummingbirds," Peretti jokes. "So instead of dumping a whole bunch of messages on them, I went for one big effect."

continued on page 97

SPIRITUAL SHOWDOWN

Then it happened. Some kind of radar in Professor Langstrat's head must have clicked on. She homed in on Marshall Hogan sitting there and simply would not look away from him. He had no desire to draw any attention to himself—he was rapidly getting too much of that anyway, from the class—so he said nothing. But the professor seemed to examine him, searching his face as if it were familiar to her, as if she were trying to remember someone she had known before. The look that suddenly crossed her face gave Marshall a chill: she gave him a knifelike gaze, like the eyes of a treed cougar. He began to feel a corresponding defense instinct twisting a knot in his stomach.

"Is there something you want?" the professor demanded, and all Marshall could see were her two piercing eyes.

"I'm just waiting for my daughter," Marshall answered, and his tone was courteous.

"Would you like to wait outside?" she said, and it wasn't a question.

And he was out in the hall. He leaned against the wall, staring at the linoleum, his mind spinning, his senses scrambled, his heart pounding. He had no understanding of why he was there, but he was out in the hall. Just like that. How? What happened? Come on, Hogan, stop shaking and *think*!

He tried to replay it in his mind, but it came back slowly, stubbornly, like recalling a bad dream. That woman's eyes! The way they looked told him she somehow knew who he was, even though they had never met—and he had never seen or felt such hate. But it wasn't just the eyes; it was also the fear; the steadily rising, face-draining, heart-pounding fear that had crept into him for no reason, with no visible cause. He had been scared half to death . . . by nothing! It made no sense at all. He had never run or backed down from anything in his life. But now, for the first time in his life. . . .

In a few minutes the door to the lecture hall burst open, and students began to fan outward like bees from a hive. They ignored him so thoroughly that Marshall felt invisible, but that was fine with him for now.

Then came his daughter. He straightened up, walked toward her, started to say hello . . . and she walked right by! She didn't pause, smile, return his greeting, anything! He stood there dumbly for a moment, watching her walk down the hall toward the exit.

Then he followed. He wasn't limping, but for some reason he felt like he was. He wasn't really dragging his feet, but they felt like lead weights. He saw his daughter go out the door without looking back. The clunk of the big door's closing echoed through the huge hall with a ponderous, condemning finality, like the crash of a huge gate dividing him forever from the one he loved. He stopped there in the broad hall, numb, helpless, even tottering a little, his big frame looking very small.

Unseen by Marshall, small wisps of sulfurous breath crept along the floor like slow water, along with an unheard scraping and scratching over the tiles.

Like a slimy black leech, the little demon clung to him, its taloned fingers entwining Marshall's legs like parasitic tendrils, holding him back, poisoning his spirit. The yellow eyes bulged out of the gnarled face, watching him, boring into him.

Marshall was feeling a deep and growing pain, and the little spirit knew it. This man was getting hard to hold down. As Marshall stood there in the big empty hall, the hurt, the love, the desperation began to build inside him; he could feel the tiniest remaining ember of *fight* still burning. He started for the door.

Move, Hogan, *move*! That's your daughter!

With each determined step, the demon was dragged along the floor behind him, its hands still clinging to him, a deeper rage and fury rising in its eyes and the sulfurous vapors chugging out of its nostrils. The wings spread in search of an anchor, any way to hold Marshall back, but they found none.

Sandy, Marshall thought, give your old man a break.

By the time he reached the end of the hall he was nearly into a run. His big hands hit the crash bar on the door and the door flung open, slamming into the doorstop on the outside steps. He ran down the stairs and out onto the pedestrian walkway shaded by the elms. He looked up the street, across the lawn in front of Stewart Hall, down the other way, but she was gone.

The demon gripped him tighter and began to climb and slither upward. Marshall felt the first pangs of despair as he stood there alone.

"I'm over here, Daddy."

—From *This Present Darkness*

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THE WORLD BANK AT WORK

Since its creation in 1945, this unique lending institution has steadfastly pursued its goal of turning debtor countries into solvent lender nations.

by Tom Gibson

Illustrated by Don Trawin

It's got the right name—"World." The name is a proper reflection of the size and reach of a financial institution with assets comparable to Citibank or Bank of America. On an international scale, the World Bank, AAA rated by Moody's, makes loans, earns a profit, and borrows to re-lend at market rates.

In short, the World Bank appears to be exactly what a bank is supposed to be—something particularly reassuring in these days of concern and confusion about bank failures and high-risk highfliers on Wall Street. The World Bank, large and stable, is headed by a highly respected president in Barber Conable, and its professional workforce is the envy of the financial world. But there is a wrinkle in this picture of a bank.

"We are not a bank," Barber Conable says. "We are a development agency."

And in 1989, as it has for the past three years, this "development agency" turned a profit of $1 billion—an enviable record for any financial institution these days, bank or otherwise.

What Is the World Bank?

The World Bank was established in 1945 as the International Bank for Reconstruction and Development (IBRD). The bank's first postwar loan was to France, for the obvious purpose of rebuilding after the ravages of World War II. Other war-torn nations were also numbered among the first borrowers from the bank. And as one might suspect, the United States was the largest of the 38 original member-shareholders of the bank; it remains so today.

Over the years, the bank has grown substantially, diversified by new divisions that provide concessional loans to the world's poorest countries, and undergone a name change. But it has held steadfast to its mission of developmental lending to countries where there is promise for long-term economic growth.

The bank supports such infrastructure projects as irrigation and road building—projects that are familiar features in Peace Corps brochures and annual reports from the Agency for International Development. But

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Barber Conable: "Many people think we're just a foreign aid agency—but we expect people to pay us back."

"Our experience with lending to poorer countries has been quite positive—with a default rate under 4 percent."

"We have made over $1 billion for each of the past three years—that's after paying all the expenses."

the bank also lends to poor countries to promote industry, education, commerce, and finance—the vital tools of modern free-market economies.

Conable says perhaps the best measure of success of the World Bank's lending mission is in its "conversions"—when a borrowing nation develops the internal economic strength to become a lender. France and Japan, former recipients of World Bank loans, now join the United States, Germany, and the United Kingdom as the five largest shareholders of the bank. Three countries that once used to qualify for zero interest loans, which go to only the poorest countries, have advanced to the point that they contribute to that fund. They are Turkey, South Korea, and Colombia. Members of the bank —rich and poor—now total 151 countries. All have a stake in the lending activities. This makes for lively loan discussions in the bank's executive board, where all the member countries are represented by 22 directors.

During the past four decades, the bank has steadily expanded its developmental lending by borrowing in the world capital markets and reinvesting its retained earnings—much in the same way that commercial banks borrow from the Fed and then lend at market rates for consumer loans.

So is the World Bank a bank? Ultimately, the classic diagnostic tool—"If it looks like a duck, sounds like a duck, walks like a duck, then it is a duck!"—must be applied.

The World Bank doesn't issue credit cards, have ATMs, clear checks, or have teller windows. But it does have a special mission remarkably similar to the community "building and loans" that organized in America in the 1840s. In the 19th century, neighbors in a community would pool their savings so some of them could leverage that savings pool into building a home. The building of that home would then create jobs and wealth for other neighbors, who in turn would invest savings in that same community pool to provide yet another family with the capital to build a home.

The concept was to invest in one's own community and stimulate economic development, to the benefit of the whole community. It has worked very nicely to build America's neighborhoods and towns. And it is the best concept yet developed to help developing nations build their own wealth.

If the World Bank is not a bank, according to Conable's definition, then it is a global building and loan association; the world, its community.

The World Bank's Global Community

The home office of the World Bank is in Washington, D.C. This is no coincidence. The United States is the major shareholder in the World Bank. Further, it is no coincidence that Barber Conable is an American, appointed to serve a five-year term as bank president. In the case of the bank's charter, governance of the bank is based upon a weighted voting, which is little more than the political version of the Golden Rule—"He who contributes the most gold gets to make the rules." The United States holds an 18 percent share of the World Bank; Japan is the next largest shareholder with 9 percent.

The World Bank's charter requires that its headquarters be in Washington, but there is no stipulation that an American be its president. Other World Bank offices are situated in major international centers of trade and finance, such as Paris and Tokyo, as well as small offices in many developing countries.

Conable agrees with the global community model as being analogous to the World Bank's development interests, yet offers a more geopolitical view to the concept. "The World Bank is actually a working paradigm for a post-Cold War world order," he says. "Our mission and structure are shaped around the concept of mutual benefit in a world of increasing interdependence—where economics more than political ideology will steer international behavior."

Layman's translation? "We're already doing what should be done in the future with respect for

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international cooperation." Just as in America's first neighborhoods, in the end, all parties benefit.

In a perfect world, the World Bank would put itself out of business. Conable's goal is to turn all of the bank's client borrowers into client lenders. He is a hopeful man with enormous energy and enthusiasm for his job. "I love this job," Conable says. "It's the best job in town." But he is a seasoned public servant, and he holds out no expectations for Utopia in his lifetime. Conable spent 20 years as a U.S. congressman from New York and retired from Congress as the ranking minority member of House Ways and Means Committee. He knows finance, and he is certainly no stranger to politics. He is also no stranger to the condition of the world. "There is an enormous amount of crushing poverty in the world," Conable says.

The *Post*'s Tom Gibson learns about developmental lending with Barber Conable, the World Bank's president. A new goal for the bank is environmental lending to reduce global pollution.

The Politics of Developmental Lending

How could anyone disagree with supporting a financial institution that is in business to lend to poorer nations, raise standards of living, and show consistent profits that exceed $1 billion a year?

Easy. With all of the domestic turmoil of the savings and loan crisis, commercial banks teetering on the brink of insolvency, and a continuing need to support America's own developing industries, many in Washington would prefer to see funds that would otherwise expand World Bank activities remain in the United States.

That is the argument used by opponents of a scheduled $3 billion U.S. "replenishment" contribution to the International Development Association (IDA), the window of the World Bank which loans funds—interest free—for development to the very poorest countries where per capita incomes are less than $400 per year.

Another argument against financial developmental assistance: Why should the United States subsidize infant industries in foreign countries when that support can return to haunt our own industries with increased competition? Conable responds with a hint of agitation to this line of thinking:

"Forty percent of U.S. exports are to World Bank borrower nations. It is a fallacy that development in other countries will hurt developed countries such as the United States. World Bank-supported projects in the developing world generate business for U.S. companies that produce machinery and other goods and those that provide services. Everybody benefits from global development."

Nevertheless, there will likely be some Congressional opposition to expanding the work of the International Development Association. The United State's proposed contribution is made once every three years. Other developed nations, such as Japan and Germany, are also making contributions at the $3 billion and $2 billion level, respectively.

It is important to note that the IDA is the division of the World Bank that truly performs the United Nations' financial missionary work. IDA lends only to the world's poorest countries. But this is no giveaway program (such as grants from the Agency for International Development). Loans to IDA-qualifying countries must meet the same rigid standards as the bank's other market-rate lending and private-sector loan guarantee programs. Further, the loans come wrapped in World Bank supervisory expertise, technical assistance, and requirements for structural economic reforms that will help ensure funds will be well-managed and the principle repaid. This sort of carrot-and-stick lending concept is referred to as "adjustment lending."

Targeting Global Needs and Opportunity

The World Bank has 6,400 employees. Only about 20 percent of them are American. So it is no surprise that the World Bank, keenly attuned to global needs and opportunities, is well underway in developing strategies to capitalize on economic opportunities and address developing crises. Conable stresses the World Bank's global responsibilities—the tremendous challenge of Africa, Latin America with its debt burden, and Asia with half the world's poor—but Eastern Europe and the environment are now attracting a great deal of attention.

Eastern Europe urgently needs capital to develop free economies and jump-start entrepreneurship. The World Bank is there with IBRD loans to help. But it is also there with financial expertise to teach basic banking and financial management skills that have been absent in the controlled economies of Communist Eastern Europe since World War II.

Clearly, this is what Conable has in mind when he talks about economic alliances replacing military alliances as the best means of preserving the fragile democracies of Eastern Europe.

The Environment

"There is an important nexus between development and environmental needs," Conable says, "and at the World Bank, we have targeted the

continued on page 110

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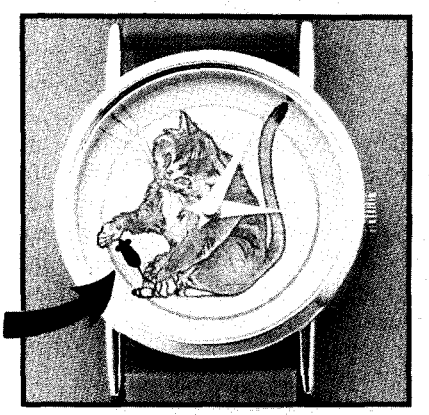

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Illustrators Hall of Fame

continued from page 55

renderings in the then-famous Lionel toy train catalogs of bigger-than-life locomotives. The excitement he could create in those works of art has caused the legendary Lionel train catalogs to be collector's items to this day. With his air brush he gave the trains an aura of action and adventure that were as exciting to the children of that day as the space age is to today's children.

Leo became a student of diet and health early in his lifetime. Long before today's knowledge of fiber and vitamins and their relationship to maintaining good health, Leo and Lydia, his wife of nearly 70 years, were eating high-complex carbohydrate, low-fat, high-fiber menus—mostly vegetables and grains with some fish and poultry. They also practiced the food advice of Benjamin Franklin: "To lengthen thy life, lessen thy meals."

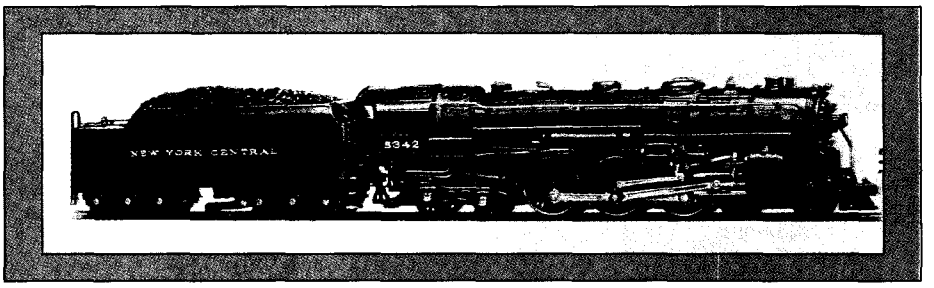
Lydia Mayer may have had another positive effect on Meinrad's longevity. If, as some physicians believe, pets are good for the mental health of their owners, her own devotion to animal life may have played a role. Her eyes brimmed with tears when she told us how to this day she senses the presence of their beloved and departed cocker spaniel in their home.

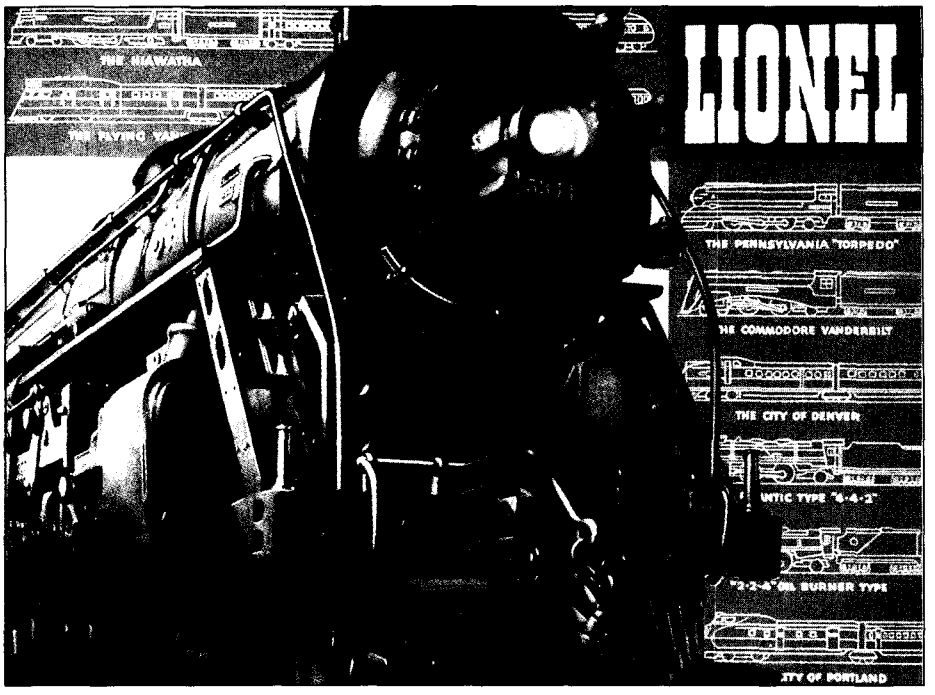
Many longtime *Post* illustrators are living and working in advanced years. Perhaps the elation that comes with purely creative endeavor does a great deal for the body's biofeedback and the production of enzymes to stimulate the immune system. Leo must have been at peace with the universe when, 30 years ago, he conceived the painting that appears on pages 56-57. He told us that the birds, each of which represents an authentic species, depict "all human races and nationalities 'finding their place in the sun.' "

To us, that statement says much about the sensitivity and compassion of this talented artist whom we have come to love.

Unlike Van Gogh, who often wrote to his brother describing his works, Leo seldom wrote about his paintings or offered interpretations.

Artist Mayer is a gifted man with a big heart and a love for all of God's creatures. The *Post* is privileged to display his work to posterity in the American Illustrators Hall of Fame.





You could almost hear the whistle and feel the earth tremble as a Mayer train—such as the Flying Yankee or the Pennsylvania "Torpedo"—came roaring down the track on his easel and headed into the homes and the hearts of kids of all ages. This one thrilled the kids in the 1937 Lionel electric train catalog.

Courtesy of Greenberg Publishing Company

Mayer gained great respect among other professionals for his exciting illustrations of Lionel trains. Thanks to the inspiration and talent he poured into his renderings, these Lionel catalogs are collector's items to this day, the older ones selling for $150.

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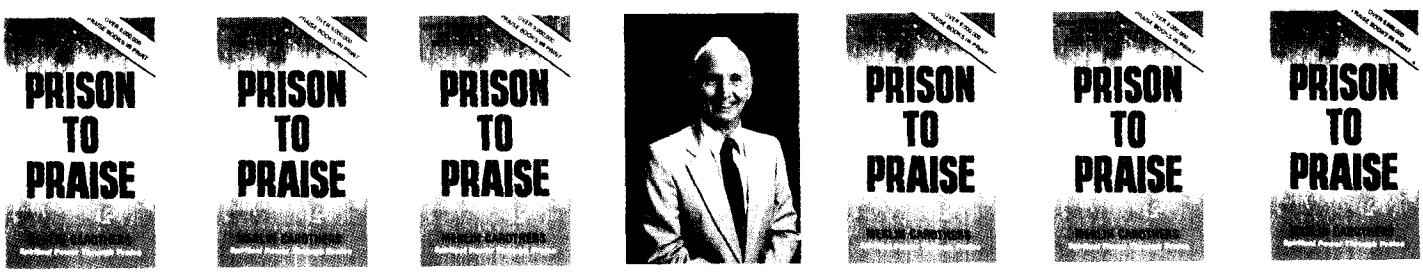

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We recently had a surge of orders from Washington, Oregon and Alaska for a new herb formula we were no familiar with, up until now. Some doctors in the Northwest are experimenting with the formula for cancer that calls for Sheep Sorrel, Burdock Root, Rhubarb Root and Slippery Elm Bark. While it is still too early to decide one way or the other.. the results will be beneficial. We'll keep you updated in our next FREE issue of Herb News.

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Angel Scare

continued from page 89

It worked. Each morning he would add another installment to his ongoing saga of the week. When the action had all the campers sitting on the edge of their logs, he'd call it quits and remind everyone to tune in tomorrow. In the evening he would review the day's "chapter" and give it some kind of biblical application.

"Years later, I'd bump into these kids," he says. "I wouldn't remember them because they'd be all grown up with deep voices, jobs, and cars, but they'd say, 'Hey, aren't you the guy who told us that scary story at camp?' Then they'd repeat the whole thing. I learned something from that: I learned that storytelling is an art, and a good yarn doesn't happen by chance. A writer has to plan lots of action and a plot that makes sense. Also, he shouldn't tell readers anything too soon. The pace has to be right."

Peretti tested this strategy when his first book, *This Present Darkness,* was still in incubation in his head. He spent two years outlining the story and plotting the action on graph paper. Each scene had to maintain the tension, and the pace had to slowly and steadily build to a climax. He looked for spots in which to plant information, and occasionally he would drop in what he calls "zingers"—twists and turns of the story line that keep the reader turning pages. Scenes end just as something is about to happen, and the action cuts to another thread of the plot. In the end, everything ties together.

"It's sort of like doing a jigsaw puzzle," the novelist says. "You know how you start a puzzle by finding all the flat pieces and putting together the frame? When I write a book I have the framework—I know how it's going to begin and how it's going to end. All I have to do is fill in the middle."

Peretti says he's getting better at it. Since Crossways Books took a chance and published *This Present Darkness*, he's had no shortage of success. No longer does he rotate shifts at the ski factory with hours at the Royal; he and his wife, Barb, have moved out of their 25-foot travel trailer, and rejection slips are now the stuff of old anecdotes. Film rights have been negotiated, he recently recorded the book on audio tape, a series of children's books is out, and a third thriller is in the outline stage. He hopes this one will show his growth as a writer and the growth of Christian fiction as a whole. Inspirational writers haven't always been allowed to mirror reality, or even to hint at it. He wants to change all that.

"When you write for Christian readers you have to avoid certain factors," he admits. "I always want to be respectful of my audience. I'm not going to push them, but I'd like to stretch them, not in what they will tolerate, but in what they are willing to deal with and think about."

Peretti has had some difficulty in carrying out that task. One of the key characters in his first book was Marshall Hogan, a worldly type whose choice of expletives most likely would be a shade stronger than "drat," or "shucks." Peretti struggled to put words in Hogan's mouth that wouldn't offend but would smack of realism.

"Once I inserted half of a swear word," Peretti recalls. "Marshall was about to say 'damn.' I put in 'da—', and then I had him correct himself and say 'darn' instead. Even that was edited out."

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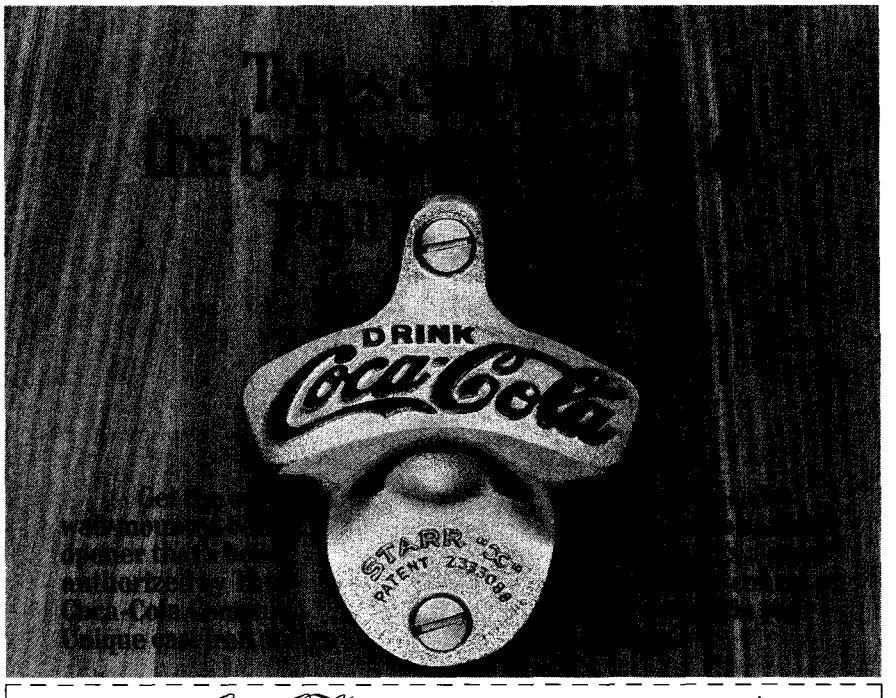

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"We drink from wells others have dug."—*Anonymous*

Regular Niacin Pills Better

Dear Dr. SerVaas:

My doctor put me on niacin to lower my cholesterol, and when I went to the drugstore to buy it, they had pills and the time-release kind of capsules. What is the advantage of the more expensive time-release niacin? Is it better?

Andrea Simpson
Phoenix, Arizona

We put your question to Dr. Jere Segrest, a professor of medicine and biochemistry at the University of Alabama. He told us he has evidence that the regular form of niacin is better than the time-released form. He referred to the regular as "crystalline" form. He found that the time-released form causes changes in liver enzymes more readily than the regular niacin.

The time-released form has been recommended by some physicians in the past for patients who don't like the flushing that comes with regular niacin.

Your doctor is to be commended for using niacin in your case. Dr. Segrest told us, "The reason niacin is so good is that it is really the only drug effective at raising HDL [the good cholesterol]. Other drugs will lower LDL, but niacin does that too." He believes that a low HDL is a bigger culprit than total cholesterol as far as coronary disease in this country is concerned.

Which of the above women would be at highest risk for suffering from a heart attack? The shorter woman would be—if all their other risk factors were equal.

Short Women Must Try Harder

Women 4'11" or shorter are found to have a 50 percent greater chance of suffering a heart attack than women who are about 5'4". The risk for women 5'7" and taller was 30 to 50 percent less than that for the average-height group.

Dr. Trudy L. Bush, an associate professor of epidemiology at Johns Hopkins School of Hygiene in Baltimore, believes that the difference is in the size of the coronary arteries. "Smaller arteries of smaller people take less 'gunk' to clog them up, and the less it takes to have a heart attack," Dr. Bush says. She believes that the absolute diameter of the coronary artery is what matters—not the artery's proportion to the size of the person's body.

Dr. Bush says shorter men and women may want to be *more diligent about diet and exercise, because if one is smaller, one's arteries are smaller.*

All the investigators who reported on this study warned that it should not be misinterpreted. They stressed that the risk associated with short stature was minor compared with such risk factors as smoking, high-fat or high-cholesterol diets, and high blood pressure.

"Uh-oh—the diet police!"

Male Alcoholism May Cause Birth Defects

Dear Dr. SerVaas:

We know that a mother who drinks can give her baby birth defects, but can drinking by the father harm the baby if the father was drinking heavily before the mother became pregnant?

Mabel Larson
San Francisco, California

Researchers have long known that such drugs as marijuana and cocaine can cause mutations in men's sperm and affect sperm count. There is now evidence that men who consume too much alcohol can have the same problem.

Doctors have also learned that male alcoholics are often infertile. However, new evidence suggests that between the moderate consumption level that has no sperm mutation effect and the extreme consumption level that causes infertility lies a level of consumption at which sperm are produced in a defective manner.

Recent animal studies by a Chicago-based researcher give us reason to believe that men's consumption of alcohol may indeed cause problems. Male mice were fed alcohol as part of a liquid diet. These male mice sired reduced litter sizes on an average of 58 percent below those of male mice not receiving alcohol. The study also showed a significant

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increase in fetal mortality. Dr. Robert A. Anderson, Jr., the Chicago researcher, hypothesizes that alcohol may also affect human sperm, thus affecting the male's offspring. Dr. Anderson believes that his results could have far-reaching implications for studying human birth defects.

"Up until now, potential mothers have been warned not to drink or smoke, but little attention has been given to potential fathers. This attitude is bound to change," Dr. Anderson comments.

The results of the Chicago study also seem to reinforce the importance of both genetic and environmental influences as contributing causes of alcoholism. Many scientists now believe that alcoholism is at least partially a genetic trait and that some people are born with a predisposition toward becoming alcoholic. If alcohol does, in fact, affect male sperm, it could be possible that this "genetic predisposition" is actually a genetic mutation that is caused by parental drinking.

Passive Smoke Bad for Infants

Dear Dr. SerVaas:

My daughter-in-law smokes around our new grandchild, and I am worried. The baby is sick a lot. This young mother just says it doesn't matter. What could I tell her?

Marcee Collins
Phoenix, Arizona

You are right. You should be concerned. The harmful effects of passive smoke, or sidestream smoke, are dangerous to all persons, but they are especially dangerous to an infant's developing lungs. Infants exposed to passive smoke have a significantly higher chance of developing acute lower respiratory illnesses during infancy and pulmonary abnormalities later in life.

In a recent report, doctors studied 433 infants at a North Carolina clinic. Researchers conducted parental interviews about the infants' exposure to tobacco smoke and then tested the infants' urine for traces of cotinine. Cotinine is the major metabolite of nicotine. The results were alarming.

Cotinine was found in 60 percent of all the infants tested, even though most of the parents knew that smoke would be harmful to their children. Apparently, many of them believed that blowing the smoke away from the child or smoking in another room would alleviate the problem. It does not. Only total cessation of smoking by the parents in the child's primary environment (car, home, daycare) can alleviate the problems and complications of their passive smoke.

Children by Norman Rockwell.

We're sending you a "thank you for not smoking" poster for the baby's nursery.

"I couldn't find the vaporizer today, dear."

Defibrillator Is Good Insurance

Dear Dr. SerVaas:

My husband, Royer P. Allman, Sr., has congestive heart failure and is under a "sudden death syndrome." Last March his heart stopped and was defibrillated by an EMS crew, and he survived.

Would your defibrillation unit help us? He survived because I heard him make a funny noise, but maybe the next time the EMS might not be so fast. Would Medicare and Blue Cross Major Medical pay part of this?

Mrs. Royer P. Allman, Sr.
Plymouth, Indiana

If this were my husband I would want to have a user-friendly computerized defibrillator under my husband's bed at all times. I would keep one in his automobile trunk too.

Please see our article about these devices in the April 1988 *Post*, "How to Jump-Start Your Husband's Heart." You also could talk with your cardiologist about having your husband wear a small Holter monitor for a week to further test his heart. This will make a recording of his EKG as he goes about his daily affairs. He keeps a diary of his activities and wears it at all times, even during sexual intercourse and other strenuous exercise. The computer and a cardiologist can then determine whether he is at risk and treat his condition accordingly.

You should consult your own insurance carrier about his need. Your doctor can also help you get reimbursement from carriers for needed devices.

Another Victory for Murphy Oil Soap

Dear Dr. SerVaas:

Thank you for printing Nancy Nims' letter in your May/June issue of *SEP* "Medical Mailbox."

I've had the same problem on my hands that she described. Her remedy is working for me, so you might pass this letter on to her with my heartfelt thanks. It really does make a difference.

I don't always get the time to sit down and read "Medical Mailbox," but I'm sure glad I

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did this time. Thanks again, Nancy Nims, and you too, Dr. SerVaas.

Fran Nutini
Vacaville, California

More Murphy Oil Soap

Dear Dr. SerVaas:

For too many years I have had a problem with the skin on my feet—it cracked, peeled excessively, and bled until I was forced to wear bandages on my feet, especially on the heels. At times it was difficult for me to walk because they were so sore. I was ashamed of my feet too. I tried every lotion and cream that I heard of, but nothing helped.

Then I read a letter in your column from Nancy Nims, of Phoenix, Arizona, telling of her use of Murphy Oil Soap for her ailing hands. I got out the oil soap and immediately started using it on my feet, and in just a little while it made such a difference that at first I couldn't believe it. Now my feet are healed, the skin is soft, and I am continuing to use the oil soap, rubbing it in as a lotion. It is so easy to apply, not messy or sticky, is pleasant, and if it should get on hosiery or sheets, it doesn't stain—just washes out like the good soap it is. Of course, it also helps keep my hands soft.

I hope other people who have skin problems will try Murphy Oil Soap. It solved for me a very annoying and longstanding problem, and I am so glad I read Ms. Nim's letter. I never would have thought of putting oil soap on my feet!

Shirley S. Keith
Stevensville, Montana

Outwitting a Genetic Demon

Dear Dr. SerVaas:

Before my marriage in 1982, I wrote to you requesting your advice concerning artificial insemination as an alternative for us to have a family, due to the fact that Huntington's disease runs in my husband's family.

We talked on the phone, and you printed my letter in your "Medical Mailbox" column. Your advice was a great encouragement to me, and you even sent a list of doctors in the Pittsburgh area who practice artificial insemination.

I did establish a relationship with a group of doctors who perform A.I.D., and my husband and I spent the past several years finishing night school, etc. We are currently building a home and hope to be in it by the end of September.

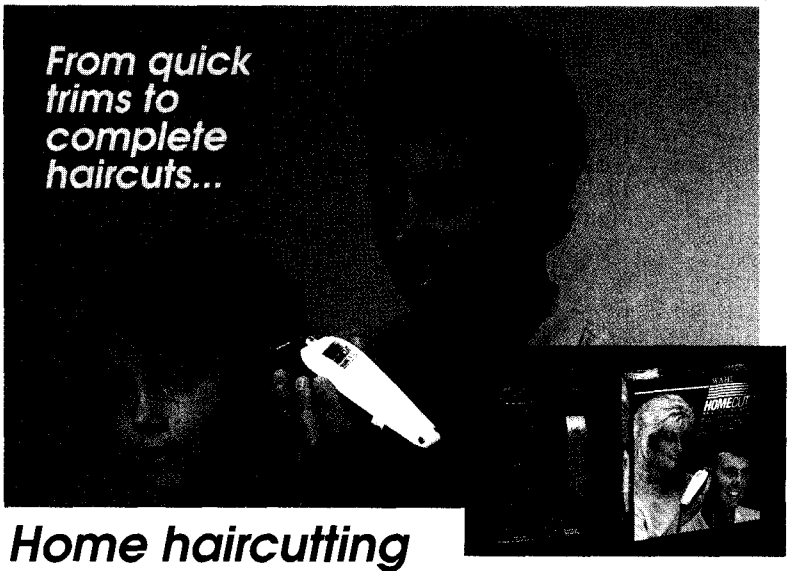
We both feel we would like to try to use A.I.D. at that time to begin a family.

Suzanne and Alan Carson
Wexford, Pennsylvania

We will help you get information about how you can find a safe donor and obtain reimbursement from your insurance company for this procedure.

"The Genetics Lottery"

It is important to know that the donor sperm has been held for at least a year to determine whether the donor had contracted AIDS just before supplying the sperm. In that case, his AIDS test would not have shown positive and the sperm could give AIDS. This has happened in a few unfortunate instances. It is important to urge your physician to be sure that the donor doesn't carry any other sexually transmittable disease and that his family has no congenital diseases.



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We congratulate you for your concern about passing on a possible genetic defect and an incurable and tragic disease to future generations. We thank you for making the responsible decision to use artificial insemination. You are fortunate that it is your husband, and not you, who carries that genetic defect. Transplanting a fertilized egg from someone else into your uterus would be possible but much more costly and time-consuming.

Because artificial insemination doesn't always take on the first try, you should start while you are still young. Sometimes repeat attempts are necessary.

About 30,000 babies are born in this country each year with artificial insemination by donor. Often even the obstetrician doesn't know when such a birth occurs. (See our November 1987 "Medical Mailbox," and our March 1982 article on Huntington's disease.)

Transplant Club Applauded

Dear Dr. SerVaas:

I received your letter of April 6, 1990, and I am very interested in the forming of a "transplant club." I agree we need to increase the awareness of a donor program, and perhaps this is one way of accomplishing that feat.

I would appreciate it if you would place my name on the list of advanced emphysema patients so that I might communicate with other patients around the country.

Thank you in advance for your help in this matter.

Amy A. Wigginton
Terre Haute, Indiana

Phlebitis Concern

Dear Dr. SerVaas:

My mother has phlebitis. She's always been in good health, but she's somewhat overweight. She has repeated swellings in her leg, and the ultrasound showed some clotting behind her left knee. What causes phlebitis?

Mildred Davis
San Diego, California

There are a number of causes for phlebitis. Causes include slowing of the blood flow due to bed rest or inactivity or as a result of poor circulation in the blood. Coagulation changes in the blood are found in some women using oral contraceptives. And phlebitis can be caused by damage to the vein walls from injury, bacteria, or chemicals. We've known for a long time that being overweight, even slightly overweight, can cause disturbances in the blood flow that could result in such a condition.

Patients with epilepsy should carry medical identification tags or cards.

Breathtaking Event

Dear Dr. SerVaas:

I have recently taken a sleep test and have been told I am suffering from "sleep apnea." I have some home remedies that help me during the day to breathe better. I am being evaluated to determine my strength to be able to have some nose and throat surgery. I had a heart attack February 18 of this year. What can you tell me about this affliction?

Louise G. Gallatin
Valparaiso, Florida

A radiologist friend of ours had sleep apnea that occurred at night to such an extent that it worried his wife. He would stop breathing at night, and she would have to awaken him. He went to California for surgery to have this treated, and he has now recovered. We are sending your letter to him for further information about this disorder. People suffering from these periodic interruptions in breathing during sleep usually begin breathing again on their own. The interruption is followed by a loud snorting snore as breathing resumes. Because sleep apnea results in daytime fatigue, you should not drive alone—people with sleep apnea have five times as many automobile accidents as others do.

After Shingles—Neuralgia

Dear Dr. SerVaas:

I've noticed all the letters in the *Post* past issues concerning shingles. I have had them. The rash went away but left me with very bad neuralgia. I wonder if the professor of medicine at Indiana University would know of any help for it. As you can see, I'm so nervous from it I can hardly write. Is there some way I can get in touch with him?

Edna G. Brown
Lancaster, Ohio

For information about neuralgia that follows shingles, you should contact Dr. Richard Griffith at the Department of Medicine, Indiana University Medical School, 1100 W. Washington St., Indianapolis, IN 46223.

Hold the Lactose!

Dear Dr. SerVaas:

The "Medical Mailbox" is the first thing I turn to when I receive my *SEP*. My doctor gives your advice a very high rating, so I am pleased to have his confidence in *SEP* and your advice.

Some months back you offered to another writer (or they asked for) a list of foods to avoid for one with lactose intolerance. Would you please send me that list?

I have a question: has the liver function in dispersing enzymes into the stomach quit doing so due to lactose intolerance—or is that the cause of the intolerance? Is the liver affected (damaged) by the lack of enzymes, or is it what you eat in regard to the lactose intolerance?

My biggest problem is with the bowel. Not diarrhea,

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Eastern Europe

Desperate Need for Bibles

As freedom comes to Eastern Europe, Christians go public with passionate plea for Bibles.

After nearly half a century of oppression under the official atheism of their Communist leaders, the people of Eastern Europe are freeing themselves not just of political oppression, but religious persecution as well. The silent cry for Scriptures has become a public plea for help from Christians in the West.

In a recent visit to Bucharest, Romania, International Bible Society staffer Robert Horan reported that he was overwhelmed by the hunger for the Bible. Minutes after opening the doors of his Bible Society van, scores of desperate Romanians had depleted his 3-case supply of scriptures.

In Pitesti, three cases of Scriptures were distributed in fifteen minutes.

An elderly gentleman, who came to the scene quickly after hearing that Bibles were being given to those wanting one, with tears streaming down his face pleaded with Horan for a Bible. "I didn't have one left to give him," Horan said. "Never have I felt so powerless to answer such a simple and heartfelt plea."

Similar reports are being received from East Berlin, Prague, Krakow, and scores of lesser-known cities and towns in the newly-open Eastern bloc.

Meeting the need has gone beyond the resources of the 181-year-old International Bible Society. Bible Society President James Powell, just returned from a visit with evangelical pastors in Czechoslovakia, says the need is critical. "Never before have our resources been so taxed. There is a growing demand for Bibles all over the world, but none surpasses what we are seeing now in Eastern Europe.

"What you must realize," Powell says with great passion, "is that these people have had little or no access to Bibles for a full generation. Yet the church is strong and growing. As a result," Powell continues, "what you have is millions of people who want a Bible every bit as desperately as a concentration camp victim wants nourishing food. You can't imagine how anxious the people of Eastern Europe are to have Bibles of their very own.

"Of course," Powell was quick to point out, "we can't identify with that in America. Most of us have more copies of the Bible than we know what to do with. Over there, they will cherish even a single page torn from a community Bible. We must feed these hungry people while we can. Every Bible will be a blessing from God to a hungry heart."

International Bible Society is asking Americans to send $15 to provide five Bibles for Eastern Europe. All donations go toward the purchase of Bibles. No fundraising costs will be deducted, Powell says.

International Bible Society is perhaps best known in the English-speaking world as the translation sponsor of the best-selling *New International Version* of the Bible.

-- ***By Jim Killion.***

Reported by Larry Jerden/Bucharest and Greg Cromartie/Pitesti

You can send five Bibles to the people of Eastern Europe for only $15.

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but frequent daily elimination. The feces (in size) looks as though it comes from the small intestine. Is this information any help to you as far as proper food intake in this case of lactose intolerance?

Martha Hall
Union Mills, North Carolina

The most obvious foods you should avoid are butter, cheese, cream, and milk, as well as milk products containing lactose or whey. Yogurt, buttermilk, unripened cheeses, and naturally aged cheeses can often be tolerated better than milk.

We are sending you the complete list with menus and also a starter kit of Lactaid so that you can try using these drops in foods and after eating lactose-containing foods.

Lactose is a sugar, synthesized only by secretory cells of the mammary gland during lactation.

Dietary lactose is digested in the small intestine to form glucose and galactose by the action of an enzyme called lactase. This enzyme is synthesized in the mucosal epithelium cells of the small intestine. Lactase production in most mammals, including humans, is greatest in the suckling period. Activity of this enzyme is less in adults than in infants and children.

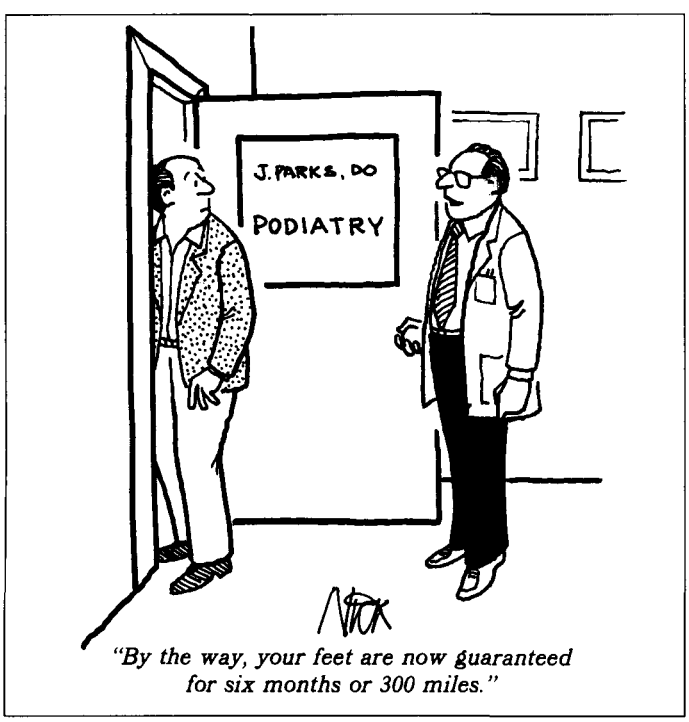
Undigested lactose may support the growth of a heavy undesirable intestinal flora. As a result of a lactose digestion disturbance, the most characteristic symptom is diarrhea. Repeated diarrhea may disturb digestion and absorption of other nutrients, including proteins and lipids (fats), as well as minerals.

The liver is indirectly affected by the lack of lactase, when, as a result of diarrhea and disturbances in absorption of nutrients, disturbances in circulation of bile acids occur.

Lactose intolerance is very common, afflicting almost half of the adult population to some degree as people grow older.

Doctors can give a specific test for the clinical disorder of lactose intolerance.

The obvious solution is to eliminate lactose-containing foods from the diet, but because so many food products today contain lactose, this is not always easy or convenient to do. In some cases, lactose can be broken down by treating it during a product's commercial processing with laboratory-produced lactase enzymes. Lactase-treated milk, cottage cheese, and American process cheese are now available in many parts of the country. Dean Foods Company, the second-largest producer of dairy products after Borden, began introducing Easy 2%, a lowfat milk that contains 70 percent less lactose than ordinary milk.



"By the way, your feet are now guaranteed for six months or 300 miles."

Lactase enzyme for home use can be purchased at pharmacies and some food outlets under the name Lactaid or Lactrase. The liquid form can be added directly to milk; the tablet or capsule form can be swallowed just before eating or chewed with the meal. One tablet works for about a half-hour, and if the meal lasts longer, additional tablets can be taken. Because the direct treatment of milk requires up to 24 hours, depending upon the temperature and amount of enzyme used, oral usage may be more convenient.

Exercise- and Diet-Conscious Doctor Wanted

Dear Dr. SerVaas:

I came across some information that I had received from you concerning high-fiber diets. I too believe that our bodies are temples of God and that we should do everything possible to keep them well. I just don't know where to start!

Could you recommend a doctor in our area who could help us get started on the right track? My husband is a juvenile diabetic, on two insulin shots a day, and is fed up with doctors who only concern themselves with his blood sugar level and insulin level—not help on diet control, exercise, etc.

We would appreciate any help you could give us.

Judy Hagley
Reading, Pennsylvania

We don't know an exercise- and diet-conscious diabetes specialist in the Reading, Pennsylvania, area. But we do know that Dr. James Anderson is a good one, and we're sending a copy of your letter to him at the University of Kentucky Medical School. Dr. Anderson has been a pioneer in the treatment of diabetes with high-fiber, high-complex-carbohydrate, and low-fat foods.

Dr. Anderson finds that less insulin can be prescribed when patients adopt this diet and increase their exercise—for that reason it is especially important your doctor know that you are changing your eating and exercise habits. Your insulin may need to be lowered; in some cases, Dr. Anderson has had maturity-onset diabetics who were able to go off their insulin entirely.

We feel sure that he or one of his colleagues will know of a counterpart in your area.

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Louis Sullivan

continued from page 49

In England, when the government stopped paying for circumcisions, the number of babies being circumcised dropped from 90 percent to 10 percent. And of course circumcision isn't done in South American countries. The Japanese and Chinese don't circumcise their babies. Neither do the Norwegians. Eighty percent of the males in the world aren't circumcised. Considering that the surgery is not without risk and that it could eliminate a billion dollars in our budget in the next ten years, is it something that you'll be thinking about in your drive to cut costs?

Dr. L. S.: We really would look at any procedure where the question is: What is the effectiveness of this? What do we really accomplish? If it's simply cosmetic procedure, I think there's a question: Should we be using public funds for that when we have so many other dire needs in the health field? So I think we would certainly look at any option like that.

We have a budget this year of $50 million to look at the effectiveness of things like coronary bypass operations versus other procedures, balloon angioplasty, or even medical treatment because with medical treatment we may be looking at a cost of $800 or $1,000 versus $20,000 or more. We're also looking at such things as prostatic surgery for benign prostatic hypertrophy. What is the best approach there? Hip fractures, and a few other things. Those are just a few that we're starting now. But the idea is what are the procedures where our healthcare financing is spending a lot of money, and if there are alternatives, then what is most effective? We want both to control costs as well as to be sure that we're getting value for the dollars we are spending, and to make sure that what we are doing is having some effect.

Dr. C. S.: Statistically, Blacks have twice as much prostate cancer as whites. So instead of trying to do a lot of exotic things, if we could do digital rectal exams on *all* males, we might reduce the costs and catch prostate cancer early.

Dr. L. S.: Right, exactly.

Dr. C. S.: And wouldn't it help if we could make Nicorette a nonprescription drug, as it is all over Europe? Even in Poland one can buy Nicorette

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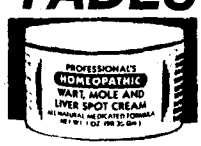

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without a prescription. Do you know why we can't? Is it because of the tobacco industry?

Dr. L. S.: I don't know. That's something I'll look at, because I was not aware of that.

Dr. C. S.: The need for a prescription slows down use of the product. We have mobile units that dispense free preventive healthcare. But nurses aren't permitted to give out Nicorette samples unless there's a doctor on board.

Dr. L. S.: It may be because nicotine is addicting.

Dr. C. S.: But they're already addicted to nicotine. They're not going to chew it except to quit smoking, because it tastes terrible. A piece of Nicorette has one-tenth as much nicotine as a pack of cigarettes.

Dr. L. S.: I was not aware of that.

Dr. C. S.: I'd like to know how you decided to go into medicine. It's said you have a mission—was your mother religious? Was there a lot of religion in your home, and do you have a mission from above?

Dr. L. S.: Yes. Right. First of all, I wanted to be a doctor as far back as I can remember, and I'm sure that this was greatly influenced by my parents. Yes. Both my parents were quite religious. My mother actually was the organist for the church we attended in the small town of Blakely.

Dr. C. S.: Was that Episcopalian?

Dr. L. S.: In Georgia? Not at that time. No, that was Methodist. I became Episcopalian under the influence of my wife. When we met in Boston, where I was in medical school, she was Episcopalian, so I went to church where she went.

Dr. C. S.: Did you meet her in church?

Dr. L. S.: No, I met her through a fraternity brother. After moving to Boston from Atlanta when I went to medical school, I knew no one in Boston. So through members of my national fraternity office, I went to a meeting in Boston. One of the members of the fraternity then introduced me to my wife. She was also new to Boston, having recently come down to Boston University from Pittsfield, Massachusetts, where she lived. So that's how we met. And I became very active in the Episcopal church and was a member of the vestry of our church in Boston, Christ Church in Cambridge, actually. So that's how that happened.

Dr. C. S.: And your children were all brought up in that same kind of environment?

Dr. L. S.: Yes, in fact my oldest son, who's in Atlanta as a general physician, is very active with the Episcopal Church, St. Luke's church there in Atlanta. He was on a search committee for the new rector there, so he's being very active there.

Dr. C. S.: You met the [then] vice president and Mrs. Bush when they came down to Atlanta on a literacy project? So your interest in literacy is really the reason you're here today?

Dr. L. S.: Well, let me say this first: in terms of education, my parents were highly committed to providing my brother and myself—there were two of us—with an education. There was a strong conviction that the way to a better life was through education, so that was inculcated into us from the beginning. Wanting to be a doctor was also part of my parents' belief that one should really strive to have a role in life that was meaningful in terms of serving other people, so that's how medicine appealed to me. It was really combining my interest in science and biology with a way to serve other people.

But when I was developing the medical school there at Morehouse—having raised the funds for our first building, which included a $5 million federal grant—I invited Vice President Bush to come down to speak at the dedication of that building. That was in July of '82. Mrs. Bush wasn't with him then, but he subsequently invited me to go with him to Africa in November of '82 to visit seven sub-Sahara African countries and Mrs. Bush was on that trip. As we visited places like Zimbabwe and Zambia and Zaire, she was always speaking to literacy groups, and that's how I learned about her interest in the subject. I remember her going to a meeting with an adult women's literacy group in Zimbabwe and Harar that met at the school of social work at the University of Zimbabwe there in Harar. And I was able to convince her that literacy being education was the same business I was in—only *medical* education—and so we invited her to come on the board and she accepted. She came on the board in January of '83.

Dr. C. S.: And she's currently on the board, isn't she?

Dr. L. S.: She's an *honorary* member of the board. It was felt by the White House General Council that perhaps it would be better when the President was elected to make her an honorary member. But she's still very interested and very

The Perfect Squelch

The high school tennis courts backed up to the grounds of the rectory of a very large and very "stylish" church. Occasionally, exuberant youngsters whammed tennis balls over the fence and onto the trim lawns of the rectory—and, naturally, had to go after them.

The courts had been in use only a few weeks when a player, chasing after a stray ball, came face-to-face with a large sign on the rectory grounds: "No Trespassing."

The "no trespassing" sign came down overnight, however after the tennis club erected its own sign directly opposite. The sign read, "Forgive us our trespasses."

—Jacqueline Lee

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supportive of the school.

Dr. C. S.: That's wonderful. Morehouse was the first all-black medical school?

Dr. L. S.: In this century, yes. There were two that existed at that time, Howard Medical School here in Washington, which opened in 1868 right after the Civil War, and then Meharry Medical College in Nashville in 1876. But Morehouse was the first in this century.

Dr. C. S.: That took a lot of courage. Anyone with that kind of courage is surely going to do a lot of wonderful things as Secretary of Health and Human Services. We're so glad you're here.

Laughter

continued from page 37

Francisco, School of Medicine, measured physiological differences during six emotional states—surprise, disgust, sadness, anger, fear, and happiness. They asked 16 individuals—actors and scientists—to mimic prototypical emotional facial expressions and then to experience each of the six emotions by reliving a past emotional experience while measurements of heart rate, hand temperature, skin resistance, and muscle tension were taken.

The results were striking. Not only did significant physiological differences between the negative emotions and the positive emotions turn up, but different emotions produced different effects. For example, anger was characterized by a high heart rate and hand temperature increases, whereas fear was accompanied by high heart rate increases and decreases in hand temperature. Happiness was associated with low rises in heart rate and hand temperature.

Some of the researchers involved in these studies sent me reports of their work, saying they had been prompted by my experience as reported in *Anatomy of an Illness* to seek scientific accounts from hospitals of new facilities that featured humor and creativity as integral parts of the hospital program.

The first to respond was St. Joseph's Hospital in Houston, Texas. I received a telephone call from Dr. John Stehlin, oncological surgeon and medical researcher, asking if I would come to Houston to participate in the dedication ceremonies of a new feature of the hospital called the "Living

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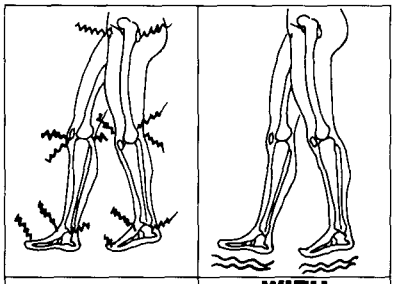

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Room." He said that the cancer floor had been redesigned to accommodate a large room furnished with easy chairs, hi-fi equipment, an art corner, video and audio sets, and a library.

"You can't imagine a setting more unlike a hospital," he said. "You would enjoy seeing how a pleasant environment can brighten the mood of the patients. Amusing films are one of our main props. You will enjoy meeting the nuns. They like the idea of making laughter a regular part of the hospital's philosophy."

Three weeks later, I went to Houston for the dedication ceremonies. The entire hospital was in a festive mood for the occasion. The media exhibited a strong interest in the Living Room and the idea behind it. Television crews were setting up their cameras at the entrance to the hospital and in the Living Room itself.

I judged Dr. Stehlin to be in his mid-50s. His appearance was tall, trim, athletic, hearty. He took me into his office and told me that the hospital's experiment with laughter had been highly successful. The patients were relaxed and responsive; they appeared to be making fewer demands on the hospital staff. I met with at least a dozen patients whose arms or legs had been saved from amputation by procedures developed by Dr. Stehlin and his associates. The affected limb would be tourniqueted, protecting the rest of the body from the chemotherapy, which was then free to attack the malignancy without penalty to the rest of the body.

The Living Room was in high favor with both ambulatory and wheelchair patients. They kept the videotape machine busy, viewing comedy films that Dr. Stehlin was able to get directly from the film companies with their compliments.

Dr. Stehlin said that he found himself stealing time away from his desk to look at the comedies.

"You have no idea how good it makes me feel just to see the patients laughing and enjoying themselves," he said. "This place is getting to be unrecognizable as a hospital—and that's all to the good. Now, before we go to the Living Room, I want you to meet the nuns, especially Mother Romano. She's almost 80 but is spry and energetic. She has fallen in with this new approach and makes a point of telling the patients funny stories. Just yesterday she was telling them about an incident at a nightclub. It seems that the headwaiter was looking around the room and saw a man slide off his chair. He rushed over to the table.

" 'Madam,' he said, 'your husband has slipped off his chair and fallen under the table.'

" 'Sir,' she said, 'my husband has just come into the room.' "

I trailed after Dr. Stehlin as he led me to the Living Room, stopping along the way at the rooms of cancer patients, where he introduced me, saying that *Anatomy of an Illness* was the hospital's inspiration for the Living Room.

We met Mother Romano, a wisp of a woman but a human dynamo. She pumped my arm vigorously when we were introduced and rhapsodized over the patients' response to the Living Room. She accompanied us on visits to other cancer patients, then looked at her watch and said the dedication ceremonies were about to begin.

The Living Room was jammed with people—patients, hospital personnel, trustees, civic leaders, and press representatives. I guessed there were between 150 and 200 people. The room was brightly decorated. As Dr. Stehlin had said, it was the antithesis of everything that is popularly associated with a hospital.

Dr. Stehlin spoke first, then introduced Mother Romano, who described the suspicious effect of the new room not only on the patients, but on the nurses and other members of the hospital staff. Then Dr. Stehlin introduced me to the audience.

I said the obvious

You be the Judge

by Sarah Morris

Four-year-old Gretchen wandered down the street, joined a group of boys playing on a lawn, and was told to go away. When she stayed, Bobby, six, pushed her so hard that she fell and was seriously injured. The injury resulted in a slight deformity. Gretchen, through her father, sued Bobby.

"Children are forever pushing one another," Bobby's lawyer argued. "Bobby didn't mean to hurt Gretchen, and he had no idea that serious injury would result from his shove. Anyhow, they were mere children, and you can't hold infants responsible."

"Bobby was a normal six-year-old with enough sense to know that his action in pushing the smaller child was offensive, and it was so intended," Gretchen's lawyer replied. "He should therefore be held responsible."

If you were the judge, would you hold six-year-old Bobby personally liable for the injury?

Bobby was liable. The court held that he willfully pushed Gretchen. It was the "offensive bodily contact known to him to be offensive" which made him liable, and he would someday have to pay the verdict of over $10,000 found against him.

(Based upon a 1960 New York decision.)

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things—how grateful I was that my hospital experience played a part in the decision to create the new facility at St. Joseph's. I described the research going on at UCLA and elsewhere showing laughter could produce auspicious physiological change.

The meeting with Dr. Stehlin led to a close friendship. We used some of the funds placed at my disposal to support his research at the hospital in studying the salutary effects of the psychological environment surrounding the treatment of cancer patients.

The Living Room at St. Joseph's was only the first of two dozen or more similar programs at hospitals throughout the country. At St. John's hospital in Los Angeles, a special channel on the TV sets in each room enabled the patients to turn on comedy films day or night. As at St. Joseph's, the hospital acquired a considerable library of amusing motion pictures. I relished the opportunity given me by the nuns at St. John's to dedicate the new comedy channel.

I participated in six or seven similar ceremonies at hospitals in the Los Angeles area. At the L.A. County Hospital, Joseph Barbera, creator of Huckleberry Hound and Yogi Bear, presented the children's division with life-size replications of the characters made famous in his TV cartoons.

UCLA redecorated the hospital's children's floors, replacing the drab whiteness with bright colors and amusing drawings. UCLA also used art throughout the entire hospital in a program devised by Devra Breslow.

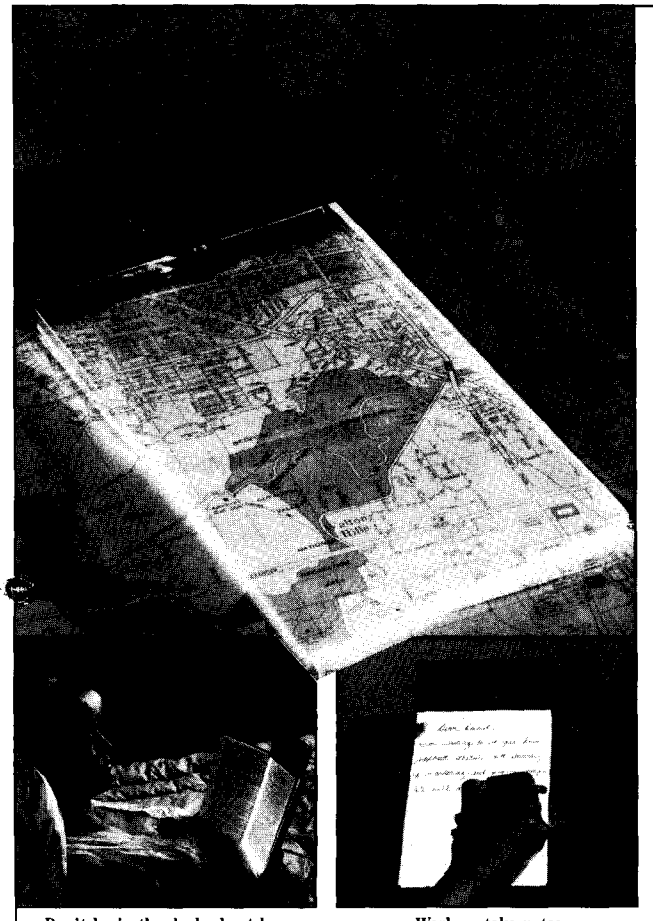
Cedars Sinai Hospital, in Los Angeles, accepted the proposal of Marcia Weismann, a prominent art collector, to decorate the walls of the hospital with superb reproductions of outstanding art. Mrs. Weismann also arranged for art lectures at the hospital.

Good Samaritan Hospital of Los Angeles instituted a humor channel for patients' TV sets, along the lines of the program instituted at St. John's. Dr. David Cannom, head of cardiology at Good Samaritan, arranged for piano concerts at the hospital by Mona Golabek, an outstanding local artist.

Perhaps the most far-reaching program of all is the use of not just humor but also music, art, and literature in the treatment of the seriously ill instituted by the Duke University Comprehensive Cancer Center in Durham, North Carolina. The word "comprehensive" is to be taken literally. All the aspects of treatment are taken into account—the emotional needs of the patient; the interests or hobbies of the patient that can improve the climate of medical care, inside or outside the hospital; the use of a "laugh wagon" that is just as evident in the corridors of the hospital as the "pill carts" of the nurses; the services of volunteers to provide companionship or solace or to carry out errands for the patients—all these are integral to Duke's program. Dr. Robert Bast, the director of the center, believes that the psychosocial factors are no less important than medical prescriptions in the structure of a hospital and medical school.

At Duke, I learned of two examples of how humor can be used to lessen the problems caused by illness.

A patient at the university hospital suffered from a severe case of otitis media (inflammation of the middle ear). The nurse, recognizing that the emotional state of the patient was important, read him stories by Woody



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Allen. The patient's sense of delight blocked any nervousness, which the nurse felt might have interfered with the efficacy of the medication. Whether or not her strategy could be verified by physiological measurements, her awareness that psychological factors could enhance or impair medical treatment won the commendation of the hospital authorities.

Another example concerned a man who suddenly developed what is known as a paroxysmal tachycardia—a wildly beating heart. Ordinarily, the condition is temporary, but when it is also marked by an irregular pulse, prompt medical attention is required.

The man's wife telephoned the family physician, who said he would rush over to the house. In the meantime, he instructed the wife to do everything possible to keep the patient free of panic, the effects of which could intensify and complicate the underlying problem. The woman played a videotape of "Candid Camera" reruns, one sequence of which showed Buster Keaton at a lunchroom counter struggling to keep his eyeglasses and his toupee from falling into his soup. Her husband fell to laughing over the absurdity and completely blotted out any trace of panic. By the time the doctor arrived, the pulse had settled back to normal. The doctor credited the wife with having helped to avert a potentially serious situation.

(continued next issue)

From Head First *by Norman Cousins, copyright © 1989 by Norman Cousins. Used by permission of E. P. Dutton, a division of Penguin USA.*

World Bank

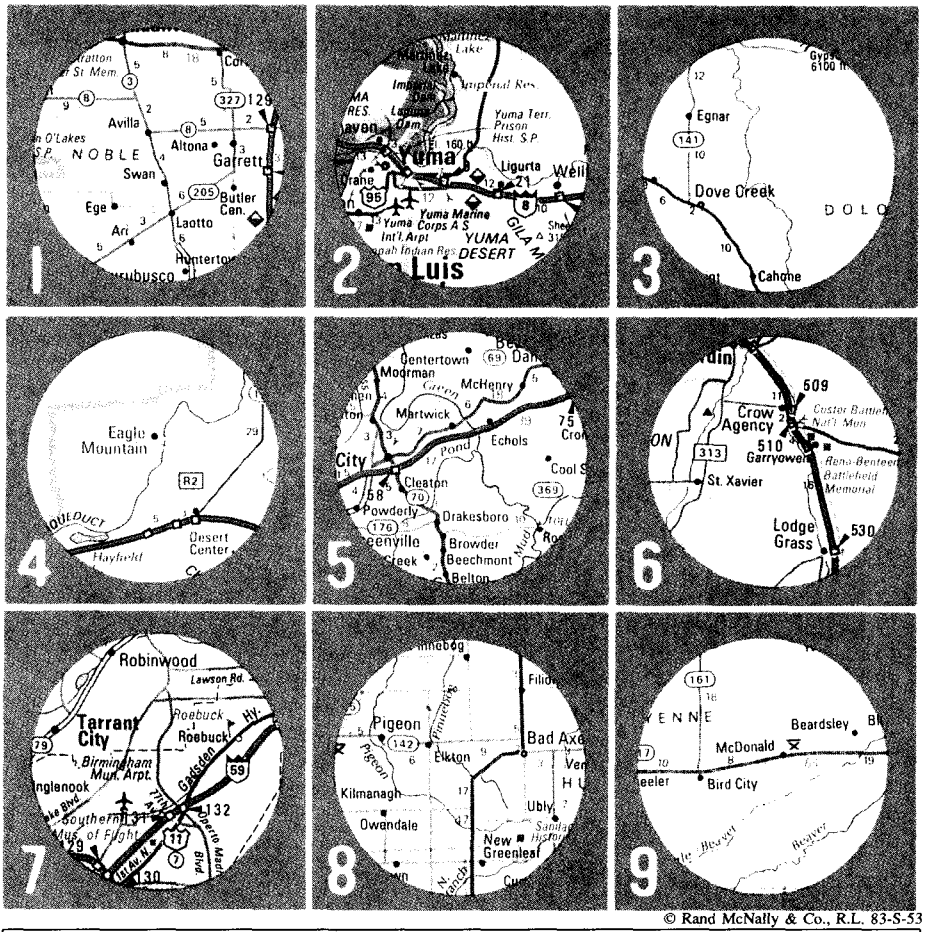
continued from page 92

environment for special lending programs—not because it is politically attractive, but because we are a development agency, and you cannot sustain development that is environmentally unsound."

That is Conable's economic reasoning behind the lending for the environment. But the wisdom for global investment in the environment is even simpler. Air and water do not recognize national boundaries. The nations of the world are interdependent when it comes to what we breathe and the quality of the water and atmosphere that likewise sustain life on this planet.

"We have always had environmentalists here at the World Bank. But recently we have institutionalized the inputs and organized them to a much greater degree than we ever have before," Conable says. The World Bank now identifies environmental components for most of its developmental lending projects, and it has even established an environmental department in its policy office. Examples of free-standing projects include a major partnership with the European investment bank to try to reduce the pollution in the Mediterranean.

Conable's goal this year is to establish an environmental lending fund. We should all wish him godspeed on that mission and say bravo to the balance of the World Bank's developmental lending. Regardless of whether the World Bank is really a bank performing economic mission work, or a development agency of mercy that happens to show a billion-dollar annual profit, it is sure to play an increasingly vital role in the emerging world of the 1990s. ★



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers at right)

WHERE DO YOU THINK YOU ARE?

(Answers from map game, left)

(Theme: Birds)

1. Swan, Ind.
2. Crane, Ariz.
3. Dove Creek, Colo.
4. Eagle Mountain, Calif.
5. Drakesboro, Ken.
6. Crow Agency, Mont.
7. Robinwood, Ala.
8. Pigeon, Mich.
9. Bird City, Kan.

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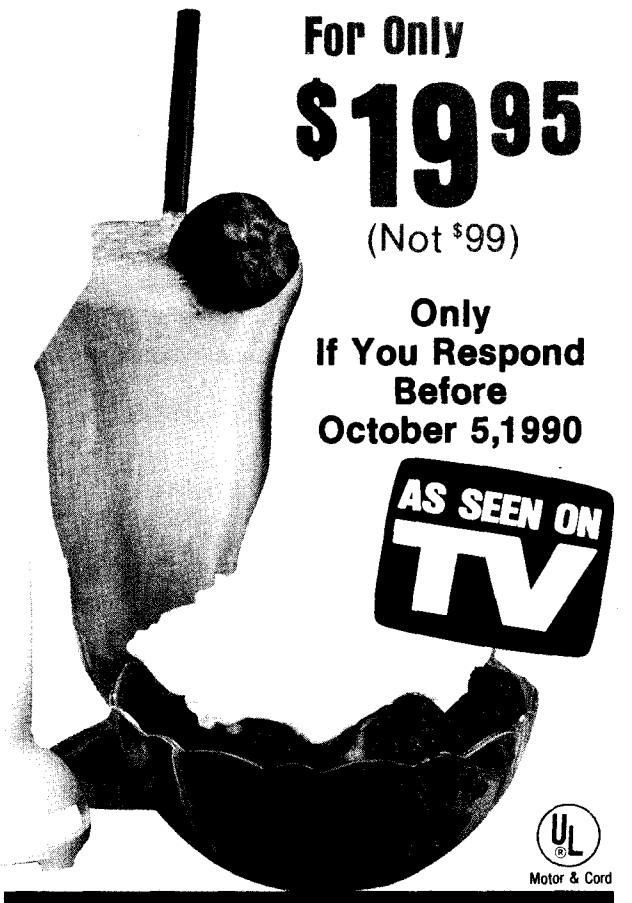

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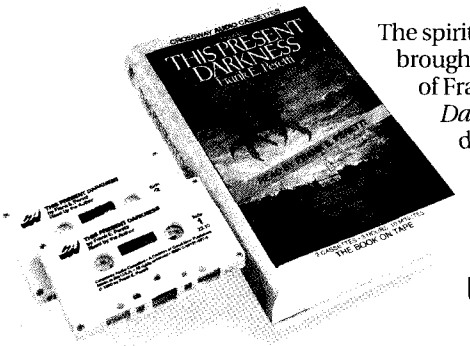

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